#### **EX MACHINA:** They look scary, but these gizmos help you do Pilates | **Inside**

# express



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# **Tuesday**



The budget adds \$245 billion for war costs.

**Bush's Budget:** \$2.9T plan boosts military, cuts services | 3

**Tax Troubles:** Prosecutors take aim at Barry's probation | **7** 



#### **ENTERTAINMENT**



#### Weather >> Sunny, Cold



#### **Region Gripped by Arctic Blast**

**AT RISK:** Alan Jones, who lives on the streets of Washington, tries to keep warm outside the Federal Trade Commission Building on Monday. A fierce arctic blast brought some of the coldest weather to Washington in years, claiming the life of an elderly Silver Spring woman who wandered from her home and died outdoors. **Cold wave:** Much of the nation shivers in sub-zero temperatures | **Page 3** 

# \*Strong step': Giuliani signals he's all but certain to join the GOP field 4 Debate on

# Surge Hits GOP Snag

#### Republican senators unite to block resolution on Iraq plan

WASHINGTON | Republicans blocked a full-fledged Senate debate over Iraq on Monday, but Democrats vowed they would eventually find a way to force President Bush to change course in a war that has claimed the lives of more than 3,000 U.S. troops.

The 49-47 vote, 11 short of the 60 needed to go ahead with debate, sidetracked a non-binding measure expressing disagreement with Bush's plan to deploy an additional 21,500 troops to Iraq, leaving the fate of the measure uncertain.

Senate Republican Leader Mitch McConnell of Kentucky described the test vote as merely a "bump in the road." GOP law-makers "welcome the debate and are happy to have it," he said, adding they were insisting on equal treatment for an alternative measure expected to draw strong support.

The proposal, by Sen. Judd Gregg, R-N.H., says Congress should neither cut nor eliminate funding for troops in the field. That measure takes no position on the war or the president's decision to deploy additional forces.

Democrats sought passage of a measure, supported by Sen. John Warner, R-Va., that is critical of the Bush administration's new Iraq policy. DAVID ESPO (AP)

got even worse Thursday for a stranded motorist in Kansas City when the purported good Samaritan who helped dislodge the man's car attacked him and stole the vehicle, police said. The man's car had become

stuck in the snow when the suspect approached and offered to help.

But once the car was free, the suspect pulled out a box cutter and demanded, "Give me your car," according to police. The suspect is still at large. (AP) EyeOpeners | Page 2



PRE-INSTALLATION

#### It's Crazy What Comes With Windows Vista

Detectives are trying to find out how a Columbia, Pa., police computer containing crime scene photographs, autopsy pictures and confidential data wound up at a computer store, prosecutors said. "The computer was turned over to this office ... by the owner of a computer-repair business who received it as a trade-in," district attorney Donald R. Totaro said Thursday. The customer who traded the computer in at the Computer Outlet said he had obtained it from a police officer who rented him an apartment, officials said. (AP)

ROW, ROW

#### Row Your Boat Gently Down the Street

According to New York City's traffic office, Russell Falkenaran ared light in his rowboat. Falkena, of Westtown, recently received a \$50 traffic ticket in the mail for running a light in December. It turns out the plate number on the ticket matches that on the registration for Falkena's aluminum rowboat, which he says has not left his yard in years. (AP)





FANDON

# Livin' Luge

Nothing gets athletes pumped for success more than frowning, folorn-looking wrinkly trolls jumping around in their furry pelts. But, despite having a supporter doing exactly that while cheering them on in Sunday's competition, Italy's men's luge team didn't take the gold at the Luge World Championship in Innsbruck, Austria. Patric Leitner and Alexander Resch of Germany won the men's doubles race in a two-run time of I:19.285; the World Champion title was Germany's fourth. (EXPRESS)

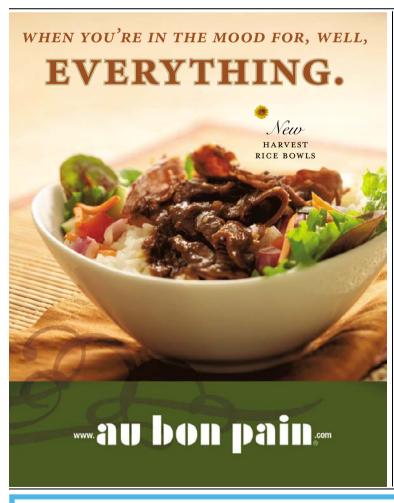


Children on the bus watched in horror as the chief forcefully arrested himself.

SELF-FLAGELLATION

#### Impounding His Own Car Was a Bit Much

Kewaskum, Wis., police chief Richard Knoebel wasn't about to take the easy way out when he accidentally drove past a stopped school bus with its emergency lights flashing. For violating traffic laws, Knoebel wrote himself a ticket for \$235, docked himself four points on his driving record and paid the fine. "If it brings notice to people that they should be stopping for school buses, I don't mind the notoriety," Knoebel said. He said he had been distracted by a stopped dump truck. (AP)





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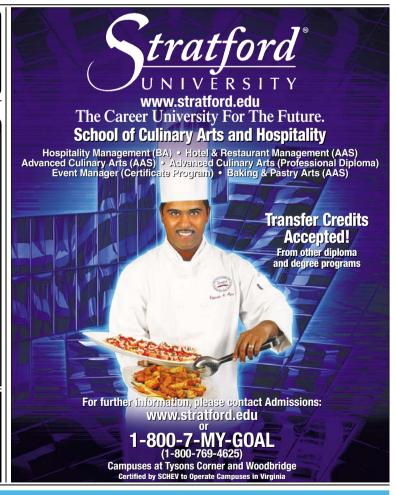
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#### **Nation**

#### In Brief



Libby leaves court on Monday. His grand jury testimony tape was played.

#### WASHINGTON

#### Audiotapes Played at Libby Trial Focus on Cheney's Role

Special Prosecutor Patrick Fitzgerald, in tapes played Monday in the CIA leak trial, pressed Vice President Dick Cheney's former chief of staff on whether Cheney had directed him to leak the identity of a CIA operative to reporters. The first 90 minutes of audiotapes, recorded during the 2003 grand jury testimony of top Cheney aide I. Lewis "Scooter" Libby, were played for jurors in Libby's perjury and obstruction trial. More than six hours of additional tapes were to be played Tuesday. (AP)

#### QUEENSBURY, N.Y.

#### Captain of Overturned Boat Charged With Misdemeanor

The captain of a boat that capsized on a lake in the Adirondack Mountains, killing 20 elderly tourists, was charged Monday along with a cruise company with not having enough crew members aboard. The charge is a misdemeanor punishable by no more than 15 days in jail and a \$250 fine. (AP)

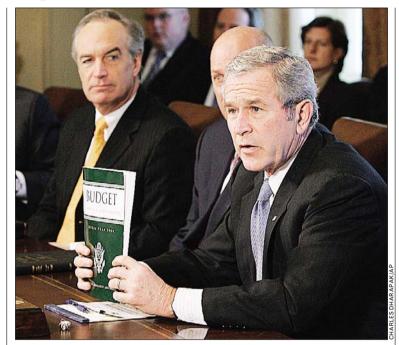
# **Bush Budget Draws Democrats' Ire**

#### President adds to war funds, makes cuts to health care, Amtrak

WASHINGTON | President Bush unveiled a \$2.9 trillion budget Monday that rewards the Pentagon with an 11 percent budget increase — even before adding in the war in Iraq — but pinches programs cherished by Democrats, including health research, Amtrak, and heating subsidies for the poor.

In control of Congress for the first time in a dozen years, Democrats accused Bush of trimming domestic programs, using smoke and mirrors to predict a balanced budget in five years and ignoring a hidden tax threat to middle-class families.

"The president has simply offered more of the same, proposing a budget that cuts ... from Medicare and



**MONEY TALKS**: President Bush holds up a copy of the fiscal 2008 federal budget as he speaks at the end of a Cabinet meeting at the White House on Monday.

Medicaid, while sending \$240 billion more in American taxpayer dollars to Iraq," said Rep. Rahm Emmanuel, D-Ill. "This is not a tradeoff the American people want."

Bush touted his fiscal blueprint as "protecting the homeland and fighting terrorism, keeping the economy strong with low taxes and keeping spending under control."

The president said \$235 billion is needed for military operations in Iraq and Afghanistan over the next year and a half, bringing total Pentagon funding for the wars to \$662 billion. But his budget assumes that no additional war funding will be needed after 2009.

Budget breakdown: A look at the winners and losers in the president's budget | Today's Post, A section

#### **Arctic Blast Hits Portions of the U.S.**

# Cold wave linked to 4 deaths, shuts schools in Midwest and N.Y.

A bone-chilling cold wave with temperatures as low as 42 below zero shut down schools for thousands of youngsters Monday, sent homeless people into shelters and put car batteries on the disabled list from the northern Plains across the Great Lakes. At least four deaths were



Two women brave the weather in New York, one of many cold cities on Monday.

linked to the cold weather.

The cold was accompanied by snow that was measured in feet in parts of upstate New York.

It was so cold that Toledo, Ohio

— 5 above zero at noon, up from
4 below — even closed its outdoor
ice rink.

With a temperature of 12 below zero and wind chill of 31 below, Wisconsin's largest school district, Milwaukee Public Schools, shut down, idling some 90,000 children. Schools in Ohio, New York, Michigan, Illinois and Minnesota also closed. ROGER PETTERSON (AP)

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#### **Nation**

4 | EXPRESS | 02.06.2007 | MONDAY



ON THE TRAIL: Former Mayor Rudolph Giuliani campaigns with N.Y. State Senate candidate Maureen O'Connell Monday. Giuliani moved closer to joining the '08 race.

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# Giuliani Closer **To 2008 GOP Bid**

#### Former N.Y.C. mayor takes 'a big step' by filing papers with FEC

WASHINGTON | Rudy Giuliani, the former New York City mayor whose popularity soared after his response to the Sept. 11, 2001, terrorist attacks, moved closer to a full-fledged campaign for the Republican presidential nomination on Monday.

In a sign that he's serious about running for the White House, the two-term mayor filed a so-called "statement of candidacy" with the Federal Election Commission, indicating that he would seek the presidency as a Republican should he decide to go forward.

"Today we just took another step toward running for president," Giu-

liani told reporters in Long Island while campaigning with a state Senate candidate. "It's a big step, an important one. Quite honestly, we're probably ahead of schedule.

"We still have to think about a formal announcement and how to do it but this is a pretty strong step."

Unlike chief GOP rivals Sen. John McCain and Mitt Romney, Giuliani has been somewhat ambiguous about whether he will ultimately pursue the Republican nomination, even though he has taken the initial steps.

Behind the scenes, Giuliani has been busy supplementing his cadre of New York lovalists with Washington-savvy political operatives, establishing a fundraising network and setting up a campaign headquarters - signs of a campaign moving forward. LIZ SIDOTI (AP)

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#### **Sodomy Charges In Kidnap Case**

CLAYTON, MO. | A Missouri man accused of kidnapping two boys and holding one for more than four years was charged Monday with molesting them nearly 70 times.

The charges were the first time authorities have openly accused Michael Devlin of molesting the children. Devlin, a 41-year-old pizzeria manager, who had previously been charged with two counts of kidnapping, was charged with 69 counts of forcible sodomy, all felonies and each punishable by up to life in prison.

St. Louis County prosecutor Robert McCullough said 18 of the counts related to 13-year-old Ben Ownby, who disappeared Jan. 8, and the remaining counts were related to Shawn Hornbeck, now 15, who was abducted in 2002.

Both boys were found inside Devlin's apartment in the St. Louis suburb of Kirkwood on Jan. 12. (AP)



**OUT OF PRINT**: Call it a sign of the times: The world's oldest newspaper still in circulation has dropped its paper edition and now exists only in cyberspace. Post-och Inrikes Tidningar, founded in 1645 by Sweden's Queen Kristina, became a Web-only publication on Jan. 1.

#### World

#### In Brief

CAIRO, EGYPT

#### Assad Says Syria Could Help Quell Violence in Iraq

Syrian President Bashar Assad said in an interview aired Monday that the Bush administration does not have the vision to bring peace in Iraq and that his country could help calm the crisis, if approached. Assad told ABC's "Good Morning America" that U.S.-Syrian cooperation was the "last chance" to avert a civil war in Iraq. The interview was the strongest attempt yet by Assad to overcome President Bush's rejection of dialogue with Damascus over the issue of Iraq. (AP)

#### JOHANNESBURG, SOUTH AFRICA Remaining White Farmers Told to Leave or Face Jail

Zimbabwe's national security minister has told the country's last remaining white farmers that they will be jailed if they refuse to abide by a deadline that passed Saturday for them to leave their farms. The official Chronicle newspaper on Monday reported that Didymus Mutasa said police would be "unleashed" to deal with white farmers who ignored the eviction notice. There were around 4,500 white commercial farmers in Zimbabwe in 2000, when President Robert Mugabe launched a program of land seizures. (AP)

#### т ОМПОМ

#### Letter Bomb Explodes In Mailroom, Injuring Worker

A letter bomb exploded Monday in the mailroom of a London company that controls the capital's traffic congestion fee, slightly injuring a female worker, police said. The padded envelope exploded at an office belonging to Capita PLC, which administers the daily fee meant to cut down on city traffic and collects television licensing fees. (AP)

#### **Commercial Cambodia**

→ As Cambodia has settled into peace and opened to the world, the temples of Angkor have gone from stone to gold for the national government — by attracting a deluge of tourists. | Today, A Section

#### M The Washington Post

# **Baghdad Security Crackdown Builds**

#### At least 74 people killed or found dead as Iraq attacks persist

BAGHDAD, IRAQ | Bombings and mortar attacks killed dozens across Baghdad on Monday as Iraqi troops set up new checkpoints and an Iraqi general took command — indications that the much-awaited operation to restore peace to the capital is gearing up nearly a month after it was announced.

With little sign of an end to the carnage, many Iraqis have begun complaining that the security drive has been too slow in starting, allowing extremists free rein to launch spectacular attacks that have killed nearly 1,000 in the past week.

Monday's death toll supported their frustration. At least 74 people were killed or found dead — all but seven of them in Baghdad.

With so much at stake, U.S. commanders have moved methodically to plan the operation and assemble the force, eager to avoid the mistakes that accompanied two failed crackdowns last year.

U.S. military officials offered assurances that once the operation gets rolling, Iraqis will begin



FIRST RESPONDERS: An Iraqi army soldier secures the scene of a double car bomb attack in southern Baghdad on Monday.

to see a difference.

"It's going to be much more than this city has ever seen and it's going to be a rolling surge," Col. Douglass Heckman, the senior adviser to the 9th Iraqi Army Division, said of the operation.

In a sign that the crackdown is near, Iraqi troops manned a

major new checkpoint Monday at the northern gate to Baghdad, searching cars and trucks heading to and from Sunni insurgent areas to the north.

Monday's violence killed 15 people in back-to-back car bombings at a gasoline station in Sadiyah, a mostly Sunni neighborhood of southwestern Baghdad, police said. Eight people were killed when a bomb exploded in a garbage can in a Sunni enclave in central Baghdad, according to police.

The U.S. military reported the deaths of two American soldiers, both killed on Sunday north of Baghdad. ROBERT H. REID (AP)

# In Indonesia, Lives Guided by Water

#### Troublesome floods just another fact of life for Jakarta's poor

JAKARTA, INDONESIA | The shack belonging to the 45-year-old widow named Ijah was swamped by the filthy brown water that now covers large sections of Indonesia's capital.

Ijah, who ekes out a living by selling homemade cookies, abandoned her riverside slum for a makeshift camp — one of 340,000 people who have fled their homes amid the floodwaters in Jakarta that have also killed 29.

The seasonal rains are nothing new to her; she says she has been driven from her home by flooding every year for two decades.



A woman and her daughter wade along a flooded street in Jakarta on Monday.

"When the water rises, I move to higher ground," Ijah said Monday. "My life is guided by the flow of the water."

Like thousands of other poor Indonesians who live near rivers in Jakarta, she cannot afford to move and her property is worthless. She can only wait for the water to pull back.

The flood has also brought the threat of diseases such as diarrhea and dysentery. And some residents complained local officials were too slow to respond.

Authorities estimated between 40 percent and 70 percent of the city, which covers an area of more than 255 square miles, had been submerged. In some places, the water was up to 12 feet deep.

Skies cleared Monday and floodwaters receded in some parts of the city. But Indonesia's meteorological agency predicted more rain, and officials warned that more floods were possible because river levels were still high. Anthony Deutsch (AP)

# Iran Assembles 300 Centrifuges

VIENNA, AUSTRIA | Shrugging off the threat of tougher U.N. sanctions, Iran has set up more than 300 centrifuges in two uranium enrichment units at its underground Natanz complex, diplomats and officials said Monday.

The move potentially opens the way for larger scale enrichment that could be used to create nuclear warheads. Iranian leaders have repeatedly said the Natanz underground hall would house first 3,000 centrifuges and ultimately 54,000 machines.

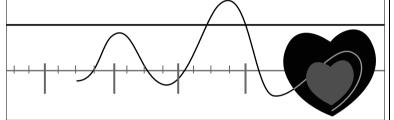
It also poses a direct challenge to the Security Council, which late last month imposed limited sanctions targeting programs and individuals linked to Tehran's nuclear and ballistic missile programs. (AP)

# MEGA MILLIONS

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#### World



**HONORED:** The Dalai Lama, Tibet's exiled spiritual leader, has been named a presidential distinguished professor at Emory University in Atlanta, officials said Monday.

# Fresh Charges for Tycoon

#### Jailed Russian oil baron's lawyers call new allegations 'insane'

MOSCOW | Prosecutors filed new charges Monday against former oil baron Mikhail Khodorkovsky, now serving the fourth year of an eight-year prison term in Siberia. The relentless pursuit of the tycoon has showcased President Vladimir Putin's highly successful campaign to tame Russia's oligarchs using its politically pliant justice system.

Lawyers for Khodorkovsky called the new money laundering charges an "insane" Kremlin bid to neutralize any remaining political threat ahead of crucial elections, casting it as a vengeful move to crush a man who challenged Putin's policies and broke an unwritten rule against bringing his vast wealth to bear in the political arena.

Once Russia's richest man

and the chief of its largest oil producer, OAO Yukos, Khodorkovsky angered Putin's Kremlin by funding opposition parties. He also questioned



Khodorkovsky

government policy on pipelines and foreign participation in the oil industry, running up against a government increasingly bent on restoring its control over Russia's vast petroleum wealth.

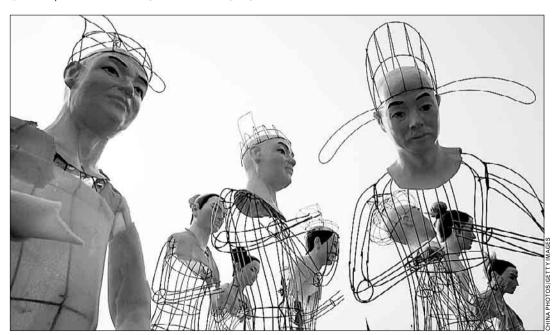
Arrested in October 2003, his

trial proceeded at the same time as a tax probe that put most of Yukos in state hands. Khodorkovsky was sentenced to eight years for fraud and tax evasion and shipped off to a prison camp, where he has been out of the public eye but remained, for Putin's critics, a symbol of Russian injustice.

Khodorkovsky would be eligible for parole in October, after serving half his term. With parliamentary elections slated for December and a March 2008 presidential vote, analysts said the president and those around him want to ensure Khodorkovsky remains behind bars.

Khodorkovsky could face up to 15 years for money laundering keeping him in prison well beyond the 2012 presidential vote. (AP)

#### **CHINA | NEW YEAR FESTIVAL TAKES FORM**



**STILL LIFE:** Decorative mannequins wait Monday at the South Gate of Xian City Wall amid preparations for upcoming Chinese New Year celebrations in Xian, China. The Chinese Lunar New Year, or Spring Festival, will fall on Feb. 18.

#### 'Negligible' Risk From U.K. Bird Flu

LONDON | An outbreak of bird flu on a British farm owned by Europe's biggest turkey producer poses a "negligible" risk to the public or the poultry industry, a government minister said Monday, as veterinary workers completed a cull of almost 160,000 birds. Russia and Macedonia followed Japan in banning British poultry imports, as investigators tried to identify the source of Britain's first mass outbreak of deadly H5N1 bird flu. The Netherlands and Norway ordered protective restrictions on commercial poultry.

Environment Secretary David Miliband urged all keepers of birds "to be vigilant and to exercise good bio-security," but said Britain was well prepared for an outbreak.

Miliband told lawmakers that "the most likely route" of the British infection was from wild birds, but that scientists could not yet be sure. (AP)



**DRAG ORDER:** The Virginia Senate voted 23 to 16 on Monday to pass Sen. Brandon Bell's public smoking ban and send it to the House of Delegates, where similar legislation already has died in subcommittee and a similar bill was rejected last year.

#### Local

# Va. Man Guilty of Perjury

#### Jury convicts man of lying about his work with terrorist group

ALEXANDRIA, VA. | A man who three years ago was acquitted of giving aid to the Taliban was convicted Monday of lying to a federal grand jury about his training with a Pakistani militant group.

A jury in U.S. District Court convicted Sabri Benkahla, 31, of Falls Church, of four felony counts including perjury and obstruction of justice. He faces a maximum of 25 years in prison when he is sentenced on April 27.

Benkahla lied about training he received from a group called Lash-kar-e-Taiba that has since been designated a terrorist organization by the U.S. government.

Benkahla told a grand jury that he never engaged in any combat training during a 1999 trip to Pakistan, while the government contended that he trained with Lashkar on use of rocket-propelled grenades, automatic weapons and the like.

The defense argued that prosecutors, stung by Benkahla's acquittal in 2004 on charges of providing support to the Taliban, laid a perjury trap by summoning him before the grand jury and asking a variety of questions that had no bearing on the grand jury's terrorism investigation. MATTHEW BARAKET (AP)

#### ( The Washington Post | SCHOOL PLAN DRAWS IRE



**NOT ON BOARD:** Susan Stokes and other parents protest at the entrance to the county Board of Education in Rockville, Md., on Monday against a "Special Education Realignment Proposal" by the board. **Class acts:** Parents of county special-needs children say the effort to move them into regular classrooms denies them the best possible care. | **Today's Post, Metro** 

# Unpaid Taxes May End Ex-Mayor's Probation

# Officials say Barry is intentionally defying terms of '05 plea deal

WASHINGTON | Federal prosecutors want to revoke former Mayor Marion Barry's probation in a criminal tax case after he failed to pay 2005 federal and local income taxes or make other payments as previously agreed.

Barry is currently serving a three-year probation sentence as part of a plea deal with the U.S. attorney's office after pleading guilty last year to not paying five years' worth of local and federal income taxes after leaving office in 1999.

In a court memo Friday, Assistant U.S. Attorneys James Cooper and Thomas Zeno wrote that Barry, who is currently a D.C. council member, has shown "unworthiness to reap the benefits of a lenient sanction."

They call his latest failure to adhere to tax payments another one of his "willful acts in defiance of tax laws."

Barry asked the Internal Revenue Service for an extension to file his 2005 return by Oct. 15. (AP)

Tough cell: Prosecutors say they want to send Barry to prison for more than a year. Today's Post, Metro.



BY THE NUMBERS: The Maryland chapter of the American College of Emergency Physicians said Monday patients wait an average of four hours and seven minutes to be seen in state emergency rooms, one of the longest average waiting times in the nation. Lawmakers met with acy room doctors at a forum held by the chapter to discuss crowding. (AP)

#### **HEARSAY | ABORTION**

"This bill says nothing more than that which is in every biology textbook in the commonwealth for every middle and high school."

- VA. DELEGATE ROBERT G. MARSHALL,
ABOUT HIS BILL TO GIVE CONSTITUTIONAL PROTECTION TO HUMAN LIFE AT FERTILIZATION. THE
BILL WAS DEFEATED IN A VOTE ON MONDAY.







# Studying the Antidepressant Effects of Sleep Deprivation

Sleep deprivation has rapid & brief antidepressant effects in some depressed people. NIMH is exploring how a drug that mimics the effects of sleep deprivation in the brain, may also bring about a rapid antidepressant response in people who are depressed. Understanding how this works may help us understand depression and design better antidepressants. Study includes multiple overnight stays & free sleep evaluations to rule out sleep disorders. NIMH is seeking people ages 18-60 with depression who:

- Are free of other serious medical conditions
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### The Lotteries

#### Monday, February 5

ers <b>6-2-8</b>
ers <b>7-1-4</b>
7-1-3-2
7-8-1-2
4-7-34-28-18
11-27-5-6-3-39 (15)

# MARYLAND Mid-day Pick 3 7-1-0 Evening Pick 3 2-7-8 Mid-day Pick 4 3-3-0-1 Evening Pick 4 5-2-7-3 Match 5 1-6-9-19-30 (35)

VIRGINIA	
Mid-day Pick 3	1-6-1
Mid-day Pick 4	6-5-4-5
Mid-day Cash 5	5-7-23-26-32

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.



Call: **301-496-5645** 

(TTY: 1-866-411-1010) http://patientinfo.nimh.nih.gov

or for other studies: www.clinicaltrials.gov

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- Meet criteria to donate blood

Doctors at the National Institutes of Health are conducting a research study (**#06-I-0235**) to test the avian influenza vaccine and to develop an antibody-based treatment for avian flu.

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- Volunteers will be compensated

Call today to learn more 1-800-411-1222 (TTY: 1-866-411-1010) http://clinicaltrials.gov | Se habla español



# Have you filed your annual business recycling report?

The Montgomery County Division of Solid Waste Services requires all large, medium, and selected small businesses as well as commercial property owners of multi-tenant facilities to file an Annual Recycling and Waste Reduction Report to show their recycling progress. Reporting deadlines are fast approaching.

#### Know the filing deadline for your business:

- Large businesses (250 or more employees): FEBRUARY 1st
- Medium businesses (100-249 employees), selected small businesses (less than 100 employees), and commercial property owners: MARCH 1st

These reports help the County track the success of your recycling program and plan for future recycling and waste reduction efforts. Failure to file your Annual Recycling Report can result in costly fines for your business or property.

Filing on-line is an easy and fast way to meet your deadlines. For instructions go to: www.montgomerycountymd.gov/recycling.









Contact the Montgomery County SORRT (Smart Organizations Reduce and Recycle Tons) Program at 240-777-6400 or visit www.montgomerycountymd.gov/recycling.

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Money

# **Apple, Beatles End Dispute**

#### Long legal battle over trademark resolved but no word on downloads

SAN JOSE, CALIF. | For the third time in nearly three decades, iPod maker Apple Inc. has resolved a bitter trademark dispute with the Beatles' guardian Apple Corps Ltd. over use of the apple logo and name.

But while the truce announced Monday appeared to finally bury the long-simmering animosity, music lovers will still need to wait for the right to buy such songs as "Love Me Do" or "Hey Jude" on Apple Inc.'s iTunes online store.

The announcement was silent on whether the catalog of Beatles songs will become available for download any time soon. The Beatles have so far been a key holdout from iTunes and other online music services.

The settlement gives Cupertino, Calif.-based Apple Inc. ownership of the name and logo in return for agreeing to license some of those



Apple Inc., whose logo is at left, and the Beatles' Apple Corps have reached a truce.

trademarks back to Londonbased Apple Corps — guardian of the Beatles' commercial interests — for their continued use

It ends the ongoing trademark lawsuit between the two companies, with each side paying its own legal costs. Other terms of the settlement were not disclosed.

Industry analysts said a resolution on putting the Beatles' music

online is likely in the works.

"It goes from impossible to a lock that it's going to happen — it's a function of time at this point," said Gene Munster, senior research analyst with investment bank Piper Jaffray & Co.

Jaffray estimates that Apple Inc. paid the Beatles \$50 million to \$100 million for the rights to the Apple name. JORDAN ROBERTSON (AP)

#### Court to Review \$3.6B Exxon Verdict

MONTGOMERY, ALA. | A \$3.6 billion verdict won by the state against Exxon Mobil Corp. goes before the Alabama Supreme Court on appeal Tuesday with the company

arguing the judgment — bigger than the state's General Fund budget — is unconstitutionally excessive.

The verdict, which could swell to \$4.7 billion when interest and

deferred payments are added, was the largest returned in America in 2003 and is a record in Alabama.

The state sued Exxon Mobil claiming it defrauded Alabama out of millions in offshore natural gas royalties. (AP)

#### **Market Action**

<b>New York</b>	( Stock	Exchang	e	NASDAQ Stock Market					
Gainers stock	LAST	DAILY Change	DAILY Percent Change	Gainers stock	LAST	DAILY Change	DAILY Percent Change		
Herbalife	40.12	+7.02	+21.2	InvFnSv	59.80	+12.85	+27.4		
Hanover	22.90	+3.50	+18.0	Rambus If	23.50	+4.58	+24.2		
MillsCp If	25.87	+3.72	+16.8	HandhEnt n	3.52	+.68	+23.9		
LongvFb s	24.45	+3.44	+16.4	RioVistEn	9.24	+1.72	+22.9		
UnivCmpr	71.10	+10.00	+16.4	Iomai	6.02	03	-0.5		
Losers				Losers					
NewMarket	45.90	-10.30	-18.3	NymoxPh	4.66	68	-12.7		
ViadCorp	37.09	-4.00	-9.7	MACC	2.23	26	-10.4		
Nelnet	25.05	-2.65	-9.6	GrtrAtl If	2.86	33	-10.3		
SLM Cp	42.37	-4.09	-8.8	QC Hldgs	15.48	-1.30	-7.7		
RegalBel	47.45	-4.09	-7.9	RschFrnt	7.69	64	-7.7		

Rates			Currency (Dollars in foreign currency)							
	CURRENT	PREVIOUS WEEK		TODAY	PREVIOUS DAY	YEAR AGO				
Prime Rate	8.25	8.25	British Pound	.5103	.5083	.5678				
Fed Funds close	5.25	5.25	Canadian Dollar	1.1815	1.1859	1.1446				
3-month disc	5.01	5.01	European Euro	.7735	.7712	.8318				
2-year	4.92	4.99	Japanese Yen	120.35	121.07	118.93				
LO-year	4.81	4.89	Mexican Peso	10.9195	10.9324	10.4770				
₹N-vear	<b>4</b> 91	5.00	Taiwanese Nollar	32 93	32 93	32 00				

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**Biotech Stocks** 

STOCK	LAST	DAILY Change	YEAR TO DATE PERCENT CHANGE
Amgen	69.84	+.39	+2.2
Amylin	40.11	+1.54	+11.2
BiogenIdc	49.03	27	3
Celgene s	54.85	56	-4.7
ChRvLab	45.55	41	+5.3
GenProbe	51.78	29	-1.1
Genentch	86.99	41	+7.2
Genzyme	65.53	39	+6.4
GileadSci	70.02	65	+7.8
Imclone	29.48	28	+10.2
Invitrogn	60.58	+.19	+7.1
Medlmun	33.64	48	+3.9
MillPhar	11.19	+.05	+2.7
QIAGEN	17.91	+.30	+18.4
VertyPh	32 52	-1 21	-13 1

**MASH MEDIA:** Sunday's Super Bowl was watched by 93.2 million people, the second-most for a Super Bowl and third-most in U.S. history. Only the 1996 Super Bowl between the Cowboys and the Steelers (94.1 million) and the finale of M-A-S-H (106 million) were watched by more people.



#### **Sports**

# Swengali

SUPER BOWL | BY MATT SWENSON

# Manning Now In Super Class

**PEYTON MANNING DIDN'T** suddenly become a better quarterback Sunday.

He had an average game by his

— and most Super Bowl MVPs' —
standards.

Manning was already heading to the still shamefully Art Monk-less Hall of Fame and was going to be considered a great quarterback.

Now, though, he can be seriously discussed among the alltime best. Championships change statures that much.

Winning matters when splitting hairs over the greats in sports. Joe Montana, Brett Favre and John Elway all have one thing in common: a Super Bowl ring.

#### Joe Montana, Brett Favre and John Elway all have one thing in common: a Super Bowl ring.

Conspicuously absent from that group of modern legends is the quarterback to have played best in Miami — the site of this year's Super Bowl — Dan Marino.

Marino was phenomenal, but he'll never be ranked among the very top tier of NFL stars because he never won at the highest level. Fair or not, that's how sports work.

By not losing the biggest game of his life, Manning put himself in that rarified air — even if he's still two rings shy of contemporary great Tom Brady.

Given the Colts' strong organization, it's easy to picture Manning picking up a couple more titles before riding off into the sunset.

Even if he doesn't, his place is now secure among the best ever in his sport.

#### To reach Matt Swenson, e-mail matt.swenson@readexpress.com

# **Champs Get Long-Awaited Taste**

#### Manning and Dungy deal with the spotlight after Super Bowl win

SUPER BOWL | Peyton Manning and Tony Dungy got their first real taste of being a champion — from an invitation to the White House to the all-night parties to the requisite morning-show interviews.

President Bush called Colts owner Jim Irsay on Monday to congratulate him on the team's Super Bowl victory. Then, in a separate phone call, Bush congratulated the quarterback and the coach, said Scott Stanzel, deputy White House press secretary.

Manning and Dungy also heard lots of requests and plenty of questions about repeating this scene next year.

"We'll enjoy this," Manning said.
"Once the first day of weightlifting, which will be March, comes, we'll be in there working. For me as a player, I want to be a better player next year than I was this year."

An improved Manning is a scary thought for opponents.

The nine-year veteran already holds the single-season record for touchdown passes (49), is the only quarterback in league history with consecutive 9-0 starts and now has a Super Bowl MVP award to go with



VICTORS: Colts coach Tony Dungy, left, and QB Peyton Manning hug after winning the Super Bowl — and defying their critics.

his two NFL MVP awards.

He's also headed back to Hawaii — his seventh time as a Pro Bowl player — and will finally get to make the fashionably late arrival he always wanted.

"I've been out there the past few years and I was always real envious seeing the Patriots guys show up late. The Super Bowl guys always come in late," Manning said. "I wanted to go out there as a winner, so it will be fun to go out there now."

The problem with looking toward next season is that the future remains uncertain. Some wonder whether team president Bill Polian or Dungy, or both, could be leaving the game.

Dungy provided some insight to

his future Monday, strongly implying he would be back on Indy's sideline next season.

"I'm not burned out. I'm not tired at all," he said. "I'm very fired up and looking forward to coming back. But I'll evaluate it and we'll see where we go. ... I do look forward to helping these guys defend this title." MICHAEL MAROT (AP)

# Disappointed Bears Face Questions

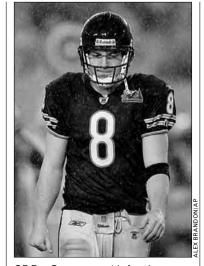
#### Finishing games could be even more difficult after tough offseason

SUPER BOWL | Those large "Finish" banners hanging in their Super Bowl hotel were hard to miss. The Chicago Bears saw them OK, they just couldn't follow the advice.

Getting to the Super Bowl and losing may be the emptiest feeling of all.

"When you say, 'Super Bowl or bust,' it takes a little bit out of it not to finish it," linebacker Lance Briggs said. "Destiny not fulfilled."

Straight ahead is a painful offseason for the Bears, who could lose



QB Rex Grossman said after the game that he had no excuses for his poor play.

defensive coordinator Ron Rivera — a coaching candidate in Dallas — and must decide whether to stick a franchise tag on Pro Bowler Briggs, who can become a free agent.

There's also the matter, and not a small one, of giving coach Lovie Smith a raise and extension from his league-low salary of \$1.35 million.

All this in the aftermath of Sunday night's disheartening 29-17 loss to the Indianapolis Colts, who exposed the Bears' weaknesses for all to see.

Chicago's defense couldn't stop the Colts' running attack and, like many teams, failed to get enough pressure on Peyton Manning.

Quarterback Rex Grossman

completed his up-and-down season on a downer with two fourthquarter interceptions that crushed any chance of victory. "I don't have any excuses," Grossman said.

Chicago will be the favorite again next season in the NFC North, even with Brett Favre returning to the Packers. But getting to the Super Bowl and losing does not bode well for the next season. Seattle's first-round win over the Cowboys last month marked the first time since 1997 a Super Bowl runner-up had won a postseason game the following season.

"The goal is to win the championship and we are all disappointed we didn't do that," star linebacker Brian Urlacher said. "But it will continue to be our goal to get back to this game." RICK GANO (AP)

# Have You Ever Experienced a Traumatic Event?

Have you: • Been physically or sexually assaulted? • Had a serious accident? • Felt your life was in danger?

Have you experienced any of these symptoms since the traumatic event?

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- Avoiding people or places
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#### **Sports**

The ranking of the Maryland women's basketball team, after losing to Georgia Tech last Thursday. The Terps (22-3) started the year ranked No. 1, but have lost three of the last seven games.

# King James Off the Mark

Cavs superstar is stuck in 'Strugglesville' when at the free-throw line

NBA | His royal image is being tarnished with almost every trip to the foul line. From 15 feet, LeBron James has become the King

In his last 10 games, Cleveland's All-Star forward has made just 59 of 98 free throws, Shaq-like statistics that have dropped his average from the line to 68 percent -7 points below his career average.

"Right now," he said. "I'm in Strugglesville."

This is a disturbing trend for James and the Cavaliers, who have been the NBA's worst freethrow shooting team (68 percent) most of the season. Until the team starts making more fouls shots they will continue to blow leads and give away victories. Not exactly the stuff of a title contender.

James is determined to fix the biggest flaw in his otherwise impec-



LeBron James misses his third straight free throw against the Heat on Friday.

cable game.

"I'm just trying to make them," he said. "I've shot in the high 70s my whole career and in the 80s in problem for me, and it's not going to be a problem now. I just have to go up there and make them."

Easier said than done.

James, just 20-for-38 in his past five games, has spent extra time after practice working with Cavaliers assistant coach Chris Jent on his poor foul shooting. Jent has made some fundamental adjustments to James' shot, but so far the results aren't showing.

"We're just trying to change how much time he is at the line, make it more of a rhythm shot," Jent said. "We haven't done much more than that, it's him trying to find a comfortable routine.

"Free-throw shooting is so much mental that the routine part of it is important so your body feels comfortable. Right now, we're trying to find that comfort level." TOM WITHERS (AP)

Late Game: The Wizards-Sonics game ended after Express' deadline. For results | Today's Post, Sports

# Do you experience panic attacks?

Do you have sudden rushes of fear and discomfort that may include palpitations, shortness of breath, trembling, or lightheadedness?

If so, you may be eligible to participate in a treatment study.

#### Participants must:

- Be 18 years of age or older
- Have experienced panic symptoms for more than a month
- Have an available safety-person who may be involved in treatment

Qualified volunteers may be eligible for compensation.

#### For more information contact: Anxiety Disorders Research Lab

American University, Washington, DC

202-885-1729



PRO BOWL BOUND: Redskins safety Sean Taylor was added to the NFC's Pro Bowl roster Monday after the Eagles' Brian Dawkins withdrew for personal reasons. Taylor, who will be making his first Pro Bowl appearance, had an erratic season, making just one INT, but he led the league's 31st-ranked defense with 129 tackles.



#### **Sports**

#### **No Doubt About** Gators as the Unanimous No. 1

COLLEGE HOOPS | The Florida Gators are No. 1 for the fourth straight week. This time, there's no doubt about it.

Florida became the first unanimous No. 1 in The Associated Press college basketball poll in nearly two years, garnering all 72 first place votes Monday.

The Gators had 45 first place votes last week, but the defending national champions benefited from losses by then-No. 2 Wisconsin and No. 3 North Carolina. The last unanimous No. 1 was Illinois in the final poll of 2004-05. The Illini were unanimous in six of the final seven polls that season.

UCLA moved up three spots to No. 2 after beating Oregon 69-57 and routing Oregon State 82-35 on Saturday. The Bruins finished two points ahead of Ohio State, followed by Wisconsin and UNC.

The Hoyas came back into the media poll for the first time since week 3 at No. 22. doug feinberg (AP)

# Terps' Bigs Fulfilling Offensive Roles

#### Ibekwe and Gist are 'emerging' as Cavaliers come to College Park

TERPS HOOPS | When Virginia brings its first-place ACC record and six-game winning streak into Comcast Center on Tuesday, the spotlight will be on Sean Singletary and J.R. Reynolds, the dynamic guards who make up the Cavaliers' celebrated backcourt. But the overshadowed interior matchups could be what determines the game's out-

Maryland's Ekene Ibekwe and James Gist, two of the conference's best shot blockers, are three days removed from impressive efforts against Wake Forest. Both believe they need to duplicate those performances against an unheralded Virginia frontcourt that in some ways outplayed them in the Cavaliers' 12-point victory over the Terrapins three weeks ago.

Since the Jan. 16 meeting in Charlottesville, Maryland has



Ekene Ibekwe made a couple adjustments in his offensive game before Maryland's wir over Wake Forest. "Their big guys are emerging," Virginia coach Dave Leitao said.

"changed and evolved a little bit," Virginia coach Dave Leitao said. "Their big guys are emerging and

playing very well. They continue to play solid on the perimeter, but the big difference I see with them is their interior play, offensively and defensively, has really stepped up."

Ibekwe and Gist have long been effective shot blockers, and both rank among the top three in conference play. But since the first meeting between Maryland (17-6, 3-5 ACC) and Virginia (15-6, 7-2) both big men have made adjustments to boost their offensive production.

Given Virginia's advantage on the perimeter, Maryland players know they have to thrive against the Cavaliers' workmanlike interior players, namely starters Laurynas Mikalauskas and Jason Cain. In the first meeting this season, Cain scored 13 points, his second-highest output of the season, and tied a career high with 16 rebounds in the 103-91 victory.

"Jason Cain is a great player," Gist said. "Not many people realize that because the two guards are Virginia's image, but Cain is like their energy player on the inside." ERIC PRISBELL (THE WASHINGTON POST)



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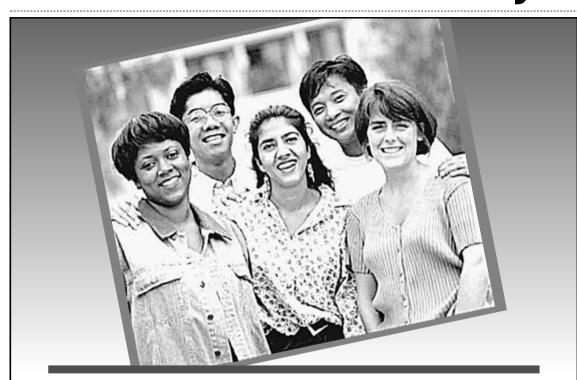
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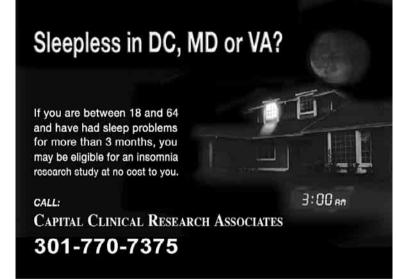
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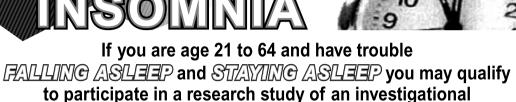
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**REIGN DELAYED:** After an overnight rain delay, top-seeded American James Blake lost to Xavier Malisse 5-7, 6-4, 6-4 at the Delray Beach International on Monday. Malisse, who won the tournament for the second time in his career, was losing 7-5, 3-3 when rain postponed the match on Sunday night.

#### **Sports**

# Johnson Repeats as Front-Runner

#### Nextel Cup champion starts year as favorite for second straight title

AUTO RACING | Jimmie Johnson was the clear favorite to win last season's Nextel Cup championship, an easy pick after coming so very close so many times before.

This year's pick isn't nearly as obvious, with 50 drivers revving their motors in pursuit of dethroning NASCAR's newest champion. Jeff Gordon wants a fifth Nextel Cup title. Tony Stewart is fired up after missing last year's Chase,

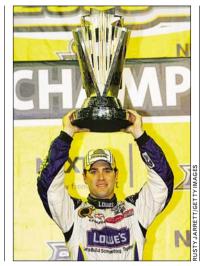
and Matt Kenseth's goal is to win a second title, this time under a new points system. But no matter how you break it down, the championship is Johnson's to lose.

"It's hard to win one, much less back to back, and to do anything twice in a row is tough," said Stewart, who won titles in 2002 and 2005.

Only seven drivers have won consecutive Cup titles — none since Gordon in 1997 and 1998.

Even though the odds are clearly against him, Johnson plans to make a full-speed run at title No. 2.

"I am a race car driver, and I want to win championships," he



said. "I always wanted to win one, and now I've got it. That whole experience makes you hungry and want to come back and do it again.

Johnson has every reason to believe he can do it again, because his 2006 title was no fluke. Since entering the Nextel Cup Series five years ago, Johnson consistently has been among NASCAR's top drivers.

The No. 48 team never has been lower than fifth in the standings and was twice runner-up in the cham-

Jimmie Johnson raises the Nextel Cup after winning his first title last season.

pionship. That earned Johnson the dubious distinction of being the Peyton Manning of NASCAR — the guy who dominated the regular season, only to come up short when everything was on the line.

When Johnson and crew chief Chad Knaus finally cleared that final hurdle last November, overcoming a disastrous start to the Chase, Johnson was freed of that label.

"A lot was said that they might not be able to win it, and Jimmie couldn't get it if he didn't get it last year," car owner Rick Hendrick said. "Well, he did. I think a lot of the pressure is off. The pressure now is not to prove he can be a champion. The pressure is on himself to come back and be in the hunt again."

JENNA FRYER (AP)

# Italy Cracks Down on Violence in Stadiums

#### Country mulls games without any fans after officer is killed in riots

SOCCER | Soccer fans won't be allowed into stadiums in Italy unless security measures are met, the country's interior minister said Monday.

The decision comes only days after riots broke out during and after a Serie A match in Sicily in which a police officer was killed.

Giuliano Amato also said that clubs will not be able to sell blocks of tickets to visiting fans in order to control who enters the stadium.

These decisions and others still need to be approved at a Cabinet meeting Wednesday, Amato said.

"I know it is extravagant to think of soccer play without the public, but

I think it is a worse extravagance to have someone die for something like that," Amato said.

According to a report published Monday in Italian sports daily Gazzetta dello Sport, only four sta-



Amato

diums used by clubs in the Serie A satisfy the safety norms — the Stadio Olimpico in Rome, the Stadio Olimpico in Turin, the Artemio Franchi sta-

dium in Siena, and the Renzo Barbera stadium in Palermo.

Other measures in the government's decree to be approved Wednesdayinclude allowing authorities to keep suspected hooligans away from stadiums even if they haven't committed a crime, Amato said. MARIA SANMINIATELLI (AP)



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Principal Investigator



#### TODAY'S TV LINEUF

CAPITALS (7 P.M. ON NEWS CHANNEL 8) The Capitals have lost eight of their last 11 but bring a one-game winning streak into Tuesday's game against Boston.

COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN AND 7 P.M. ON ESPN2) First, Michigan tries for a win against the visiting but heavilyfavored Ohio State Buckeyes. Then LSU travels to Tennessee to play the Vols, and Villanova hosts Saint Joseph's.

HOCKEY (8 P.M. ON VERSUS) The Minnesota Wild travel to play the Dallas Stars, who still have Marty Turco playing for them in net.



# Problems with alcohol and anger?

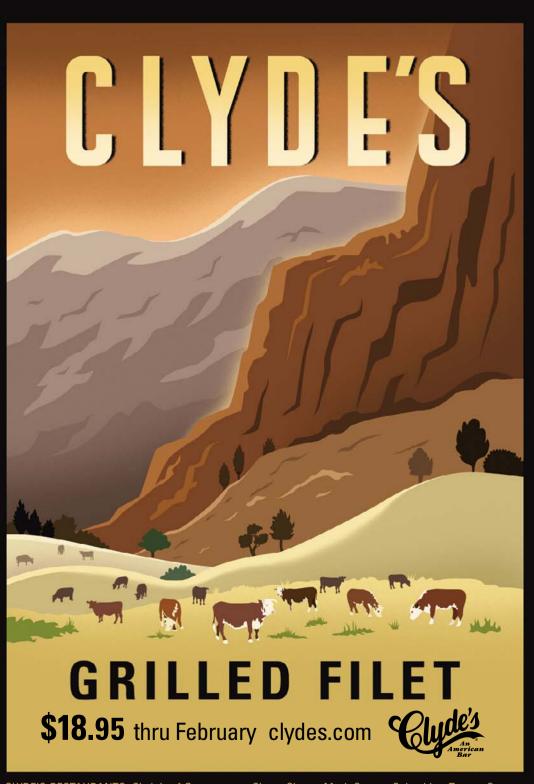
The National Institute on Alcohol Abuse and Alcoholism (NIAAA) is seeking people whose drinking and anger are causing problems for themselves of for their families. A treatment study is underway to see if omega-3 fats, commonly known as fish oils, can help.



We offer a four-week inpatient treatment program followed by 12 weeks of outpatient therapy at no cost to those who qualify. For a confidential telephone screening, call 301-496-1993.



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16 | EXPRESS | 2.6.2007 | TUESDAY

**CHILLY SIMIANS:** The much hyped — and well worth it — U.K. rock band Arctic Monkeys, led by Alex Turner, returns with its second CD, "Favourite Worst Nightmare," on April 23. The first single, "Brainstorm," hits the week before.

#### **Entertainment**



BENEATH THE SELFISH BEHAVIOR AND THE RAPE JAPES: Sarah Silverman plays a heartbreaking antihero in her new show.

# Tears of a Clown

#### Sarah Silverman's a nut on her new TV show — a sad, sad nut

TRAGICOMIC | Fans of Sarah Silverman will quickly recognize the character she plays on her new Comedy Central series.

To start with, the character is called Sarah. Furthermore, this particular Sarah continues the tradition of winsome depravity long embraced by the humoristactress who shares her name.

During years of stand-up comedy, TV appearances and film roles, Silverman has mined laughs from Sept. 11, AIDS, the Holocaust and rape, among other topics that most comics leave buried.

Now "The Sarah Silverman Program" (Thursdays, 10:30 p.m., with repeats throughout the week) gives

a fresh twist to her freewheeling wrongness in the person of a flighty, self-consumed slacker.

Sarah's response to a lengthy TV benefit for children with leukemia? She rousts herself from the couch to buy fresh batteries for her remote — so she can change the channel.

A farting contest with her friends has a bad outcome for Sarah. Subsequently granted any wish by God, she requests ... a better fart. Sarah gets drunk on cough syrup and crashes her car into a playground. But not before snubbing an elderly woman at the drug store for looking old ... just moments after praising the woman's youthful appearance.

This is the sort of mindbending behavior Sarah makes a practice of, inflicting whiplash on anyone who crosses her path — including the audience. "I don't think anybody's gonna say, 'Oh, she's a good person," Silverman smiled.

But the funny, often shocking thing about Silverman's show is: You are drawn to the character, however appalling, even as she pushes you away with a rude shove.

This is Silverman's specialty. After all, she is the comic who in her stand-up act tells the crowd, "I don't care if you think I'm racist. I just want you to think I'm thin."

On the show, "Sarah's a pathetic person," Silverman declared. "Her parents are dead, she has nothing going on in her life, and she's really dependent on her sister." Played by real-life sister Laura Silverman, that character is, fittingly, a nurse.

Brian Posehn and Steve Agee as Sarah's gay-couple neighbors round out her support system. Or would they all be better described as enablers? Is Sarah some kind of tragicomic victim?

A poignant subtext to the show would suit Silverman fine.

"I love heartbreaking music, heartbreaking movies," she said, her bright eyes moistened, "and I think there's an element of that" in the series. FRAZIER MOORE (AP)



FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT



RALPH NADER

#### **Traditional Progressive**

Public interest advocate, corporate critic and former presidential candidate Ralph Nader will be at Olsson's to talk about his recently released book, "The Seventeen Traditions," which documents the traditions and influences that shaped his childhood.

→ Olsson's, 418 7th St. NW; 7:30 p.m., free; 202-638-7610. (Gallery Place-Chinatown)



To read our conversation with Ralph Nader, visit readexpress.com

#### JAKE JOHANNSEN

#### As Seen on TV



Joker Jake
Johannsen's
deadpan delivery and twisted tales
have made him a favorite among the late-

night talk-show crowd (he's been on "Letterman" 32 times). He's also a popular regular at the D.C. Improv, where he'll be performing through Feb. 11.

→ D.C. Improv, 1140 Connecticut Ave. NW; 8:30 p.m., \$15; 202-296-7008. (Farragut West)

#### **GO MOTION**

#### **Indie Jambalaya**

The Omaha, Neb., indie-rock band Go Motion makes a dance-rock mix of Interpol guitars and Bloc Party beats. With opening acts the Mantras and Brandon Butler.

→ The Red & the Black, 1212 H St. NE; 9 p.m., \$7; 202-399-3201.

#### WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

# This Rap Ride Is Worth the Fare

# Busdriver's hip-hop is left-of-center but filled with pop hooks

MUSIC | On his fifth album, "Road-KillOvercoat" (Epitaph), rapper Busdriver brings his tongue-tripping, jazz-influenced verses to Epitaph, the punk label that's built an impressive stable of left-of-center hip-hop. "Roadkill Overcoat" shows Busdriver is a good fit along-side labelmates the Coup and Sage

Francis; in fact, in many ways, he's the most interesting.

Besides his singular style on the mike, it's Busdriver's willingness to challenge orthodoxy that's most refreshing. "Kill Your Employer (Recreational Paranoia Is the Sport of Now)" baits self-satisfied Bush bashers instead of the usual targets: "Let me guess, you're a macrobiotic cuisine prep-cook / With a textbook liberal outlook/In an oppressed nook."

And in an indie world where



**MAY I GIVE YOU A LIFT?** Busdriver has a better flow, and fewer fires, than Metro.

"hook" is often a dirty word, it's nice to discover a performer who worries he might not have enough of them. He does. Several songs have a surprising pop core, giving Busdriver more room for his abstract-jazz flights of lyrical fancy. The abrasiveness here is primarily lyrical, and his willingness to bite the hands of his leftie fan base will undoubtedly cost him some listeners. Those who stay on this Bus, however, will find it's worth the fare. DAN LEROY (THE HARTFORD COURANT)

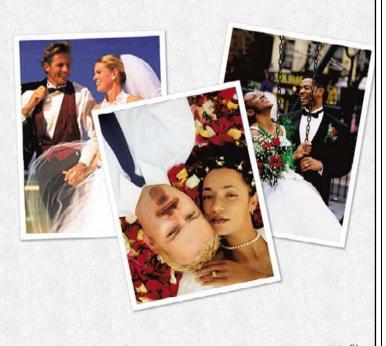


# **Who Should Win** the Express **Wedding Giveaway?**

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On Friday, February 9, be sure to visit the Weekend Styles section of Express to meet the five couples selected as finalists in our Wedding Giveaway contest. After you read their profiles, it's up to you to help select a winner.

Go to readexpress.com, click on the contest link and vote for your favorite couple to win a wedding package worth over \$35,000 in services and merchandise! The four runner-ups will receive a dinner cruise on the Odyssey.



No purchase necessary. Only entries from adults 18 and older who live in Virginia, Maryland or Washington, D.C. will be accepted. Employees of The Washington Post Company, Express and prize sponsors are not eligible to vote. Only one entry per person will be accepted. Duplicates will be disqualified. Entries will be accepted until midnight, February 16.

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THE MESSENGERS (PG-13) DIG
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ELOOD AND CHOCOLATE (PG-13) DIG

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10:00, 10:45
BLOOD AND CHOCOLATE (PG13) 3:20, 8:20
CATCH AND RELEASE (PG13) 1:35, 4:15, 7:10, 9:50
THE DEPARTED (R) 1:25, 4:45, 8:35
EPIC MOVIE (PG13) 1:03, 105, 225, 8:00, 10:15
EPIC MOVIE (PG13) 1:01, 10:02
1:00, 3:10, 5:25, 8:00, 10:15 SMOKIN' ACES (R) 2:15, 5:00, 7:45, 10:25 THE HITCHER (R) 5:55, 10:40

THE HITCHER (R) 5:55, 10:40
FREEDOM WRITERS (PG 13) 3:45, 6:50, 9:45
STOMP THE YARD (PG 13) 2:55, 5:30, 8:05, 10:45
NIGHT AT THE MUSEUM (PG) 1:30, 4:05, 6:45, 9:30
THE PURSUIT OF HAPPYNESS (PG 13) 2:05, 4:50, 7:50, 10:35
BLOOD DIAMOND (R) 1:40, 5:00, 8:10

AMIC SELECT.

NOTES ON A SCANDAL (R) 2:35, 4:55, 7:35, 9:55
BABEL (R) 2:45, 6:10, 9:20
THE LAST KING OF SCOTLAND (R) 1:15, 4:00, 7:20, 10:10
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PAN'S LABPYRINT (R) 1:25, 3:55, 6:55, 9:40
CHILDREN OF MEN (R) 2:50, 5:50, 8:25
DREAMGIRLS (PG 13) 1:20, 3:50, 6:35, 9:05 THE QUEEN (PG13) 1:20, 3:50, 6:35, 9:05

#### AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road

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SMOKIN' ACES (R) 5:20, 8:30
ARTHUR AND THE INVISIBLES (PG) 4:50
STOMP THE YARD (PG13) 5:10, 8:15
NIGHT AT THE MUSEUM (PG) 2:30, 4:50, 8:00
THE PURSUIT OF HAPPYNESS (PG13) 5:00, 8:00

THE PURSUIT OF HAPPYNESS (PG13) 5:00, 8:00

PREAMMC SELECT

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BECAUSE I SAID SO (PG13) / 2:35, 5:00, 7:30 CATCH AND RELEASE (PG13) 3:05, 5:40, 8:15 CATCH AND RELEASE (PG13) 3:05, 5:40, 8:15
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NIGHT AT THE MUSEUM (PG) 3:00, 5:30, 8:05
THE PURSUIT OF HAPPYNESS (PG13) 1:45, 4:25, 7:05

CHILDREN OF MEN (R) 2:55, 5:20, 7:50

CHILDREN OF MEN (R) 2:55, 5:20, 7:50

#### **LOEWS GEORGETOWN 14**

3111 K Street, N.W. 202-342-6441

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THE PURSUIT OF HAPPYNESS (PG13) 2:35, 5:20, 8:05, 10:30
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PAN'S LABYRINTH (R) 1:33, 4:25, 7:15, 10:05
CHILDREN OF MEN (R) 2:30, 5:00, 7:35, 10:10
DREAMGIRLS (PG13) 1:05

REAMGIRLS (PG13) 1:05, 4:00, 10:25

#### **LOEWS LEXINGTON PARK 6**

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301-502-5000
THE MESSENGERS (PG13) 5:20,7:50
EPIC MOVIE (PG13) 5:00,7:40
SMOKIN' ACES (R) 4:50,7:35
STOMP THE YARD (PG13) 4:40,7:20
NIGHT AT THE MUSEUM (PG) 5:10,7:25
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EPIC MOVIE (PG 13) 1:05, 3:15, 5:20, 7:30, 9:45
SMOKIN' ACES (R) 1:10, 4:00, 7:10, 9:50
THE HITCHER (R) 2:30, 5:05, 7:20, 9:35
ARTHUR AND THE INVISIBLES (PG) 2:25, 5:00
FREEDOM WRITERS (PG 13) 1:30, 4:25, 7:15, 10:00
STOMP THE YARD (PG 13) 2:25, 5:57, 30, 10:10
HIGHLY AT THE MISSIEM (PG 1:35, 4:16, 6:50, 9:25)

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NIGHT AT THE MUSEUM (PG) 1:35, 410, 6:50, 9:25

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THE PURSUIT OF HAPPYNESS (PG13) 1:20, 4:15, 7:05, 9:45

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10300 Patuxent Park 410-423-0520

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2:00, 4:30, 7:00, 9:10 THE MESSENGERS (PG13) Z 200, 4330, 7200, 9:10
BLOOD AND CHOCOLATE (PG13) 2:40, 5:20, 7:50, 10:10
CATCH AND RELEASE (PG13) 1:55, 4:55, 7:40, 10:15
CATCH AND RELEASE (PG13) © 1:55, 4:55, 7:40, 10:15 PIC MOVIE (PG13) 1:10, 3:30, 5:45, 8:00, 10:10 THE HITCHER (R) 1:15, 5:40, 10:05 FREEDOM WRITERS (PG13) 1:20, 4:10, 6:50, 9:40 FREEDOM WRITERS (PG13) 1:20, 4:10, 6:50, 9:40
STOMP THE YARD (PG13) 1:20, 4:05, 6:46, 9:25
NIGHT AT THE MUSEUM (PG) 1:45, 4:25, 7:20, 10:00
THE PURSUIT OF HAPPYNESS (PG13) 1:05, 4:00, 6:55, 9:45

LETTERS FROM INO JIMA (R) 3:25, 6:30, 9:35
PAN'S LABYRINTH (R) 1:00, 3:50, 6:40, 9:20
CHILDREN OF MEN (R) 3:15, 7:45

DREAMGIRLS (PG13) 1:05, 4:00, 6:55, 9:45

#### **LOEWS FAIRFAX SQUARE 8**

8065 Leesburg Pike 703-506-9857 802

BLOOD AND CHOCOLATE (PG13) 4:50, 7:50 THE DEPARTED (R) 4:00, 7:00 THE HITCHER (R) 4:10, 6:10, 8:10 ALPHA DOG (R) 7:30 ARTHUR AND THE INVISIBLES (PG) 4:30 BORAT (R) 4:05. 6:00. 8:00

AMC SELECT VOLVER (R) 4:20 7:20

BABEL (R) 4:10, 7:10 THE QUEEN (PG13) 4:40, 7:40

#### MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo 301-324-4220

\*\*COES-2E-12-12-10\*\*
\*\*CONSTELLATION (PG13) 12:55, 3:10, 5:30, 8:00, 10:15\*\*
THE MESSENGERS (PG13) 12:15, 2:30, 5:50, 7:30, 10:00\*\*
BLOOD AND CHOCOLATE (PG13) 13:03, 3:55\*\*
EPIC MOVIE (PG13) 12:25, 2:35, 4:55, 7:25, 9:55\*\*
SMOKIN' ACES (R) 2:10, 4:40, 7:10, 9:40\*\*
THE HITCHER (R) 12:20, 3:00, 5:20, 7:50, 10:20\*\*
FREEDOM WRITERS (PG13) 12:45, 3:45, 6:45, 9:45\*\*
STOMP THE YARD (PG13) 1:15, 4:15, 6:15, 7:15, 9:15, 10:10\*\*
NIGHT AT THE MUSEUM (PG2) 2:55, 4:35, 7:05, 9:35\*\*
THE PURSUIT OF HAPPYNESS (PG13) 1:20, 4:20, 7:20, 10:20\*\*

THE LAST KING OF SCOTLAND (R) 12:50, 3:50, 6:50, 9:50

DREAMGIRLS (PG13) 1:00, 4:00, 7:00, 10:05

#### **LOEWS DUPONT 5**

1350 19th St. 1-800-FANDANGO #711

**SCREAMERS (R)** 5:15, 8:00 AMC SELECT

BABEL (R) 4:00, 7:00 CHILDREN OF MEN (R) 4:45 OPAL DREAM (PG) 5:00,7:30 THE HISTORY BOYS (R) 7:45 LITTLE CHILDREN (R) 4:20,7:20

LOEWS UPTOWN 1 3426 Connecticut Avenue N.W. 1-800-FANDANGO #713

DREAMGIRLS (PG13) 2:00, 5:00, 8:00

#### AMC TYSONS CORNER 16

BECAUSE I SAID SO (PG13) / 12:45, 3:15, 5:40, 8:05, 10:30 THE MESSENGERS (PG13) / 12:50, 3:10, 5:30, 7:45, 10:00 CATCH AND RELEASE (PG13) 1:30, 4:40, 7:25, 10:20 EPIC MOVIE (PG13) 1:15, 3:30, 5:45, 8:00, 10:15 SMOKIN' ACES (R) 1:55, 4:35, 7:10, 10:05
FREEDOM WRITERS (PG13) 1:10, 4:05, 7:05, 10:00
STOMP THE YARD (PG13) 1:30, 4:15, 7:30, 10:10
THE GOOD SHEPHERD (R) 1:05, 5:05, 8:40 

AMC RIVERTOWNE 12 Exit 4A I-95, 1/2 mi. on Oxon Hill Rd. 703-998-4AMC

CONSTELLATION (PG13) 4:50, 7:20 THE MESSENGERS (PG13) 7 5:20, 8:10 BLOOD AND CHOCOLATE (PG13) 7:00 THE DEPARTED (R) 7:25 EPIC MOVIE (PG13) 5:15, 8:00 SMOKIN' ACES (R) 5:10, 8:05 THE HITCHER (R) 5:00, 7:35 ARTHUR AND THE INVISIBLES (PG) 4:40 FREEDOM WRITERS (PG13) 4:35,7:40
STOMP THE VARD (PG13) 4:30,7:50
HAPPILY N'EVER AFTER (PG) 4:35
NIGHT AT THE MUSEUM (PG) 4:45,7:30 THE PURSUIT OF HAPPYNESS (PG13) 4:50. 7:45

DREAMGIRLS (PG13) 4:30, 7:40

#### AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd. 703-998-4AMC

THE MESSENGERS (PG13) \(^2\) 5:30, 8:00, 10:30
EPIC MOVIE (PG13) \(^4\)50, 7:40, 9:40
FREEDOM WRITERS (PG13) \(^4\)10, 7:10, 9:50
NIGHT AT THE MUSEUM (PG) \(^2\)20, 7:50, 10:20
THE PURSUIT OF HAPPYNESS (PG13) \(^5\)5:00, 7:30, 10:10

NOTES ON A SCANDAL (R) 5:10, 7:20, 9:20 BABEL (R) 4:00, 7:00, 10:00 CHILDREN OF MEN (R) 4:40, 6:50, 9:10

#### **LOEWS SHIRLINGTON 7**

2772 South Randolph 703-671-0910 801

NOTES ON A SCANDAL (R) 2:10, 4:50, 7:40, 9:40

NOTES ON A SCANDAL (R) 2:10, 4:50, 7:40, 9:40 VOLVER (R) 4:20, 7:20, 9:50 BABEL (R) 1:30, 9:40 LETTERS FROM IWO JIMA (R) 2:00, 5:00, 8:00 PAN'S LABYRINTH (R) 1:40, 4:10, 7:00, 9:30 VENUS (R) 1:50, 4:30, 7:20, 9:20 THE PAINTED VEIL (PG13) 1:20, 4:40, 7:10 THE QUEEN (PG13) 1:30, 3:50, 7:10, 9:20

AMC COUNTRY CLUB MALL 6
Country Club Mall on Vocke Rd near Route 68.
301-729-6633 THE MESSENGERS (PG13) \( \sigma \) 5:50, 8:15 EPIC MOVIE (PG13) 5:40, 8:15

THE HITCHER (R) 5:30
STOMP THE YARD (PG13) 5:10, 7:45
NIGHT AT THE MUSEUM (PG) 5:0, 8:00
NIGHT AT THE MUSEUM (PG) 10 60 5:20, 8:00
THE PURSUIT OF HAPPYNESS (PG13) 7:45 AMC SELECT

DREAMGIRLS (PG13) 5:10. 8:00

#### **LOEWS WHITE FLINT 5**

North Bethesda 1-800-FANDANGO #741

BECAUSE I SAID SO (PG13) 2:05, 4:15,7:05
FREEDOM WRITERS (PG13) 2:00, 4:30, 7:15
NIGHT AT THE MUSEUM (PG) 2:15, 4:45, 7:10
THE PURSUIT OF HAPPYNESS (PG13) 2:10, 4:50, 7:20
BABEL (R) 2:45,7:00

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#### **Television**



**SUDDENLY WORKING:** Brooke Shields has signed on with NBC for the one-hour pilot "Lipstick Jungle." The series is based on "Sex and the City" author Candace Bushnell's book about three professional, power-mad women in New York City.

# Chemical Reaction

#### 'Forgotten Genius' honors the legacy of scientist Percy Julian

NO JUSTICE | The "Nova" (8 p.m., PBS) presentation "Forgotten Genius" profiles Percy Julian, a giant of 20th-century chemistry.

A story of intelligence, inspiration, hard work, discipline and perseverance, "Genius" is also a tale of cruelty, stupidity and blind intolerance. Julian was a black scientist trying to make his way in an era of segregation. Born in 1899, he became the first black American to receive a master's degree in



**BAD CHEMISTRY:** Julian's science skills were ignored because of his skin color.

chemistry. He would have to go to Vienna to earn his Ph.D.

But Julian's woes did not end when he left the segregated South. Harvard University and Dupont Chemical slammed their doors in his face. Faculty politics drove him from Howard and Fisk universities. He moved to the supposedly enlightened Chicago suburb of Oak Cliff, only to see his house torched by arsonists and his children terrorized by dynamite.

Julian could find a job only at Glidden, a Chicago paint manufacturer. But by the time Julian left the company, he had more than 100 patents and his labs helped revolutionize medicine with synthetic steroids and processes that helped arthritis sufferers. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

#### ON TV TONIGHT

SURPRISE! YOU'RE ON KIDDIE CAM Hidden cameras plus predators equals DATELINE (8 p.m., NBC).

#### AND WILL PAULA STAY AWAKE? Auditions continue on AMERICAN IDOL

(8 p.m., Fox). I wonder whether Simon will make fun of people. Oh, the suspense!

#### AXIS OF TELEVISION EVIL

On two episodes of **THE UNIT** (CBS), North Korea (9 p.m.) and Iran (10 p.m.).

#### SEE THE CANE, FOLKS?

House fights for his parking space on **HOUSE** (9 p.m., Fox).

#### CIVIL WAR RE-ENACTORS TAKE NOTE A historic re-enactment has an all-tooreal aftermath on LAW & ORDER: CRIMINAL INTENT (9 p.m., NBC).

IS IT A BREAD CRUMB TRAIL PHOTO?
A snapshot helps the team trail a preda-



**PLAYA:** In addition to owning a sarcastic wit. House has mad tic-tac-toe skills.

tor on LAW & ORDER: SPECIAL VICTIMS UNIT (10 p.m., NBC).

#### 'URGES' IS A CREEPY WORD

A judge sues because he has not been "cured" of his urges on **BOSTON LEGAL** (10 p.m., ABC). KEVIN MCDONOUGH
(UNITED FEATURE SYNDICATE)

.6.07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
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Bravo	Top Design "Myster	, ,	Real Housewives		Real Housewives		Real Housewives		Real Housewives		Top Design "Myster	, ,
Comedy	Dr. Jekyll-Ms.	Reno 911! ©	Scrubs () CC	Scrubs () CC	Daily Show	Colbert Report	Chappelle's Show	South Park ©	Kevin James: Swe	at the Small Stuff	Daily Show	Colbert Report
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Family	7th Heaven "Here W	/e Go Again" €	Smallville "Vessel"	' () CC		(1998, Action) Jackie	Chan, Chris Tucker, CC	<u> </u>	Lincoln Heights "S	Spree" CC	The 700 Club ©	1
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	Reba "Switch" ()		Still Standing ()		Reba () ©	Reba () CC		' (2004, Drama) Kerr S			Will & Grace ()	Will & Grace ()
MTV	The Hills ()	The Hills ()	Dance Life ()	Juvies "Sarah; Cord		Road Rules ©	Road Rules (N) ()		Two-A-Days ()	Wrestling	Jackass ()	Fall Out Boy
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- Formulate teaching outline(s) & determine instructional methods
   Select & develop teaching aids

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   Effectively communicate with clients &
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  Prepare training materials, manuals & participant packets for training classes

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#### REQUIREMENTS

- 3+ years professional PRINT MEDIA design experience.
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- Complete knowledge of Adobe InDesign, Photoshop and Illustrator on the Apple

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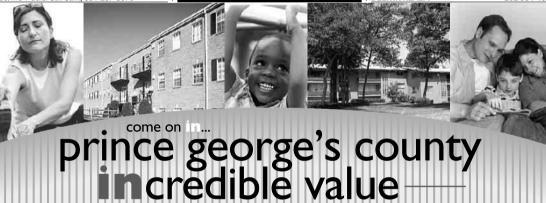
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TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Hemlines rise and tights stay popular | 31

**Live Online:** Ad Age on Super Bowl adverts 32

Nick Is Mean: Jessica whines over Lachey 34

# Food



SALAD DAYS: Customers at supermarkets are getting their fill of choices due to a growing number of immigrants. Peppers, left, and eggplants now have many varieties.

#### Farmers flood the market with popular ethnic ingredients

Formisano Farms in South Jersey began growing ethnic vegetables more than 20 years ago, starting with the herb cilantro.

A staple in several ethnic cuisines, cilantro has now become mainstream. It's a key ingredient in salsa, which has surpassed ketchup sales, and now makes up 10 percent of the farm's income.

The explosion of immigrant populations is fueling the growth of ethnic vegetables like cilantro and bok choy, giving farmers new, and potentially more profitable, revenue streams to add to their American staples of corn, sweet peppers and tomatoes. They'll have less competition for this narrow niche, crops that an ethnic population would have consumed in their home country, now growing in small quantities in the U.S.

"Cilantro is widely used almost everywhere today," said John Formisano, whose family has been farming for nearly a century. "When we first started, most people hadn't ever heard of it."

Today, the American public may not recognize Chinese eggplant's long, slender purple shape, or aji dulce small, colorful sweet peppers — two vegetables commonly used in Asian and Hispanic cooking.

But farmers have recognized demographic trends that show a change in the consumer base, said Bill Sciarappa, a Rutgers agricultural extension agent with a Ph.D. in economic entomology and agricultural pest management. "Today's niche market is the future mainstream market," he said.

Farmers are expanding their product line, using familiar growing techniques to transition from parsley to cilantro, standard Ital-

ian eggplant to Chinese eggplant, peas to edamame beans, Sciarappa said. He is part of a team at Rutgers University developing a comprehensive production and marketing plan for ethnic vegetables to help East Coast growers.

"That's what gave me the idea 20 years ago when I saw farmers switch over to cilantro from parsley," he said. "It was the same growth pattern, same planting culture, same harvest procedures, but you got twice the money then. We see the cycle repeated over and over again."

It can be even more profitable, depending on market conditions. Farmers sell eggplant on average for \$10 per box, while ethnic eggplants — Japanese, Chinese, Indian — can sell for \$30 per box, he said.

Farmers are getting help from agricultural experts at Rutgers, using a market-driven approach determined by census data, economic forecasting and bilingual surveys of consumers.

The plan is to create a blueprint that would develop a market along the East Coast to link growers with ethnic markets.

Farmers would produce potentially more profitable vegetables like bok  $choy, to matillos \, and \, bitter \, gourd \, that \,$ 



BILL SCIARAPPA, RUTGERS

can be successfully grown in their own local markets. Gourmet consumers and specialty food stores are also interested in ethnic produce.

Economists are measuring the demands carefully so farmers won't glut the market and make these potentially premium crops lose their value.

The study, funded by the U.S.

Department of Agriculture, is documenting the market demand to find opportunities for East Coast farmers to grow and cooperatively market ethnic crops, creating a year-round supply.

This would give a small, 30-acre farm in New Jersey, where farmland is unusually expensive, a fighting chance to compete with large corporate farms in California, the nation's leading vegetable supplier.

Using interpreters, Rutgers has taken surveys of four large ethnic groups - Asian Indian, Chinese, Mexican and Puerto Rican — to better understand the market, asking what they purchase, how much they're willing to pay and how far they would travel to shop.

Then farmers in New Jersey, Florida and Massachusetts will test out the climate for the crops with growing trials over two years.

"We're trying to convince the growers that they need to work together up and down the coast and not thinking of each other as competition," said Rick VanVranken. who heads an extension center based in Atlantic County, N.J. "Our competition is California, not the East Coast." Janet Frankston Lorin (AP)



# No Longer a Wonder

#### **Tourist Traps**

#### Gravity-defying spot in Wisconsin has a date with a bulldozer

In a wooded ravine tucked away from the water parks, restaurants and mega-resorts that dominate this tourist town, a piece of history is quietly dying.

After more than half a century of wowing tourists (and causing probably more than a few cases of nausea), the Wonder Spot — a mysterious cabin where people can't stand up straight, water runs uphill and chairs balance on two legs — is no more.

Owner Bill Carney has sold the iconic attraction to the village of Lake Delton for \$300,000. The village wants to build a road through the crevice where the Wonder Spot has stood since the 1950s.

Now, the Wonder Spot, one of more than a dozen sites around the nation dubbed "gravity vortexes" and a throwback to postwar, fam-



wondering how the town is going to deal with the gravitational forces under the road."

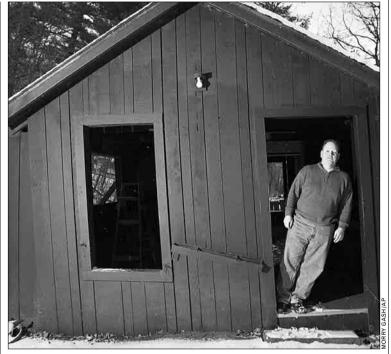
DOUG KIRBY. ROADSIDEAMERICA.COM

ily-oriented tourist attractions, has a date with a bulldozer.

"We're kind of wondering how the town is going to deal with the gravitational forces under the road. That might be an issue with driving and how you bank a curve," joked Doug Kirby, publisher of RoadsideAmerica.com, which catalogs odd tourist attractions.

Kirby's site lists the Wonder Spot as one of 21 so-called "mystery spots." Lake Wales, Fla., has Spook Hill. Irish Hills, Mich., has the Mystery Hill. California has the Mystery Spot in Santa Cruz.

The story behind each one is similar — gravity doesn't work in



Bill Carney stands in a doorway at the Wonder Spot, which will soon be razed.

them. People seem to grow smaller, can't stand up straight and can barely walk.

The Wonder Spot lies just off U.S. Highway 12, the main drag between Lake Delton and Wisconsin Dells in

south-central Wisconsin. Together, the two cities constitute Wisconsin's answer to Las Vegas. In many ways, the Wonder Spot is the antithesis of those giant parks.

Generations of people have

stopped to see it. Children who visited would return grown up, their own children in tow, Carney said. During the mid-1990s, he saw up to 50,000 people per summer.

Carney, who bought the Wonder Spot from his sister in 1988, said he loved watching people's reactions. "I don't know how many times I heard, 'Do you sell Dramamine?" he said.

One woman, after stumbling through the cabin, sprinkled her mother's ashes on the ground.

"She just said, 'This was mom's favorite place and she wanted to be here," Carney said.

When people asked what caused the Wonder Spot, Carney's guides blamed it on igneous rock or simply replied they didn't know. He's seen people at the spot studying it with instruments who declared a force was at work. When pressed, though, Carnev said it's all an optical illusion.

Carney, a high school history teacher and baseball coach, said the road wasn't going to go directly through the Wonder Spot, but it would come within yards. With the mega-parks dominating tourism in the Dells and the spot's nostalgia compromised — "it's hard to run water uphill when a car is driving right by the fence," he said — he decided to get out.

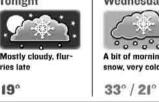
"This town has changed," he said. TODD RICHMOND (AP)

-10s

#### 5 Day Forecast for the Washington Area









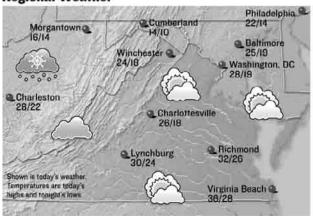






38° / 26°

#### **Regional Weather**



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#### Almanac

Temperature High Normal high Normal low

Washington, D.C., through 4 p.m. Mon.

#### Precipitation

24 hours ending 4 p.m	0.00*
Month to date	
Normal month to date	0.46"
Year to date	2.55"
Last year to date	4.35"
Normal year to date	3.67"

washingtonpost.com/weather

#### **Regional Forecast**

D.C. Metro: Today, mostly sunny. High 28. Wind west 8-16 mph. Tonight, mostly cloudy, flurries late. Low 19. Wind east southeast 10-20 mph.

#### Sun and Moon

Sunrise today	7:10 a.m.
Sunset tonight	5:35 p.m.
Moonrise today	10:05 p.m.
Moonset today	9:09 a.m.

Last	- 1
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# 70s

National Weather for Tuesday, February 6

#### **National Cities World Cities**

ity	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Hi/L
tlanta	52/38/pc	60/4I/pc	Amsterdam	40/28/sh	39/2
loston	22/14/pc	27/15/pc	Athens	55/42/pc	57/4
hicago	10/4/sn	18/4/pc	Berlin	38/26/c	37/
allas	68/46/s	68/38/s	Buenos Aires	90/70/pc	88/7
lenver	57/25/pc	46/22/pc	Calgary	18/-1/c	15/-
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os Angeles	70/52/s	67/53/pc	Geneva	40/30/sh	39/1
<b>Miami</b>	69/63/c	79/68/c	Moscow	25/6/sn	7/-
lew York City	22/18/s	29/20/pc	Rome	56/48/c	54/4
rlando	65/42/pc	75/51/s	Sydney	77/69/pc	75/7
eattle	50/42/c	50/40/r	Tokyo	54/4I/s	50/

# Styles LOOK

# Teta A Runway REPORT D

# High hemlines and textured tights strut down the runway

It looks like leg wear is here to stay, at least through fall. Textured tights are the first must-have item to emerge from New York Fashion Week — you need them to wear with all the short, flirty skirts.

On Sunday, DKNY, Diane von Furstenberg, Phillip Lim and Tracy Reese all kept hemlines mostly above the knee. But the runway shows previewing fall styles for editors, retailers and stylists continue through Friday, with trendsetters such as Marc Jacobs, Vera Wang and Calvin Klein still to come.

Diane von Furstenberg: Diane von Furstenberg, the

president of the Council of

Fashion Designers of America, created a classic 30 years ago with her wrap dress and it continues to be the staple item of her collection. And it's as modern and fresh as

it ever was.

This goaround, she emphasized the cocktail party potential of the silhouette, showing it in both bright berry and black tafetta and adding a big bow at the waist. There also was an elegant knit black wrap dress with "toreador" embroidery.

DKNY: Forget sepa-

rate daytime clothes and evening clothes. Donna Karan seamlessly blended the two in her DKNY collection for fall. There was a hint of sparkle peeking out from under skirt suits with bouncy flip hems, and a playful heart print used on bow blouses softened an outfit of tailored separates.

The knits, many of the them chunky cardigans in black and white, were cozy and inviting but, when paired with tweed wide-leg trousers or a ruffled miniskirt, never looked too slouchy for work or too fitted for play.

The palette was purposefully dark: black and gray with bright spots of berry and violet. A berry-colored cashmere and double-faced wool coat and a matching short skirt were particularly stylish— perfect for the young urbanite who is the target DNKY customer.

3.1 PHILLIP LIM:
Since launching in
2005, Phillip Lim
has been a favorite
of fashion insiders and all the top
magazine editors.
The first model
certainly set that
tone as she wore a
Mad Hatter-style
hat with a textured
double-breasted
coat with a Persian
lamb collar.

Lim showed a knack for layering, offering many outfits with fitted long-sleeve tops under billowy short-sleeve ones,



Tracy Reese combined the graphic style of Charlie Brown with the shape of Lucy Van Pelt in her fall 2007 Fashion Week show; at left, a belted look from Phillip Lim.

# Donna Karan infused a few 1980s touches, but this was the '80s done right, not as the fashion joke the

era has become.

and there also was a prep-school quality to many of the looks, especially the gray and navy combinations. Otherwise, the dominant colors were white, black and beige.

For dressier occasions, there was a delicate silk gazar cocoon dress with a floating ruffle at the collar. An ecru-colored strapless column gown with vertical pleats also was lovely, but the hem was so narrow that the model moved more like a snail down the catwalk.

TRACY REESE: Over the years, Tracy Reese has built up a solid reputation and following, which likely have given her confidence to try new things. For fall, that means breaking out of her pretty and feminine mold and offering more of a bold, even mod, look along with attention-grabbing metallic fabrics.

There is, however, a question of wearability when you get to Reese's "tux shorts." They're basically skinny Bermuda shorts with a stripe down the leg that she put over cool textured tights. They might make for a great photo, but they're unlikely to top many fall shopping lists. SAMANTHA CRITCHELL (AP)

#### **Beauty**



#### **Get the Winter Blues**

Primp your peepers with the new BADGAL BLUE from Benefit (\$19, benefitcosmetics.com). This new version of the much-loved mascara isn't '80s azure: it's a deeper, richer tone that serves to brighten the whites of the eyes, making you look more awake and alert. Our browneyed girl also found they made her irises appear a little lighter — topaz rather than caramel. Like the original formula, you'll get a heavylashed look, more dramatic than natural. It also stays on all day, with no azure flakiness or punched-inthe-face circles underneath the eyes. KRISTEN PAGE-KIRBY (EXPRESS)

#### **Beauty**

#### **A Wonderful Wash**

We looked upon the new Estee Lauder

DOUBLE WEAR STAY-IN-PLACE LIP STAIN DUO (\$20, esteelauder.com) with trepidation, as we've seen a million two-sided lip thingies come through the doors of Beauty Central. This one is slightly different: Rather than a thick, drying lip color, you get a wash of either cherry or coral. Those looking for color deeper than a Kool-Aid stain might be disappointed, but we liked the lighter feel. The shiny gloss on the other side is a bit sticky, but no worse than similar products, and the yummy taste is an added bonus, k P K



# LOOK Online



#### from readexpress.com

#### Most Say Metro Is Reliable

COMMENTS | Nearly three-quarters of READEXPRESS.COM readers say Metro is a reliable source of transportation, according to responses to Monday's Poll Center question.

Express' question, "Is Metro's transit service reliable for daily use?," came after a spate of minor transit mishaps — a bus fire and unrelated instances of smoke at Farragut North last week.

Despite the overall positive response, some of the comments on the poll referenced specific Metro-themed complaints.

Says one anonymous commenter: "Metro's train service is very reliable for the most part. ... I ride the Green Line in the morning and there are rarely delays. ... It's just the opposite when it comes to keeping escalators/elevators operating; those are rarely working consistently." MICHAEL GRASS (EXPRESS)

#### **HIV/AIDS Awareness**

PUBLIC HEALTH | Since the District is scarred by a soaring HIV/AIDS infection rate — the city has the highest rate of new AIDS cases per 100,000 people in the U.S., 10 times the national average — Tuesday's National Black HIV/AIDS Awareness and Information Day takes on a sense of urgency even greater than in other urban areas working to battle against the disease.

As part of the day's activities, a coalition of organizations is examin-



**FARRAGUT FIRES:** Despite last week's troubles, Red Liners still support Metro.

ing how people released from prisons or halfway houses face health issues upon re-entering society.

The health summit is being sponsored by Unity Health Care, the D.C. Mayor's Re-Entry Task-

force, the Court Services Offender Supervision Agency and the Federal Bureau of Prisons.

Testing from last year has shown that "more than one of every 20 inmates at the D.C. jail" is infected with HIV/AIDS, The Washington Post's Susan Levine reported at the time.

The summit is taking place Tuesday from 8:15 a.m. to 3 p.m. at the ARC Theatre at 1901 Mississippi Ave. SE. M.G.

#### → Coming Up Today

Whatever label you assign to Ralph Nader — liberal ideologue,

political spoiler, progressive icon or consumer advocate — the phrase "family values" probably isn't involved. But that, Nader says in an Express



Nader

interview, is exactly the point of his recently released childhood memoirs.

#### **Poll Center**

TODAY'S QUESTION

\_\_\_\_

Can Rudy Giuliani win the GOP presidential nomination?

1. Yes

2. No

YESTERDAY'S RESULTS

Is Metro's transit service reliable for daily use?

YES NO

As of 6 n m Monday Not a scientific noll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STA-TION BREAKDOWN OF HOW YOUR FEL LOW METRORAIL COMMUTERS VOTED AT READEXPRESS.COM/POLLCENTER.PHP



"I think the survey and the initiative are both excellent, but the city should certainly not leave out one [of the] ... most economical modes of transportation ..."

KMAXTRAX.BLOGSPOT.COM PRAISES THE DISTRICT FOR ITS MASTER PLANNING INITIATIVE FOR PEDES-TRIAN BUT BELIEVES BICYCLISTS SHOULD BE INCLUDED, AS WELL.

#### **An Unhappy Monday**

"Everyone is calling in sick and still hung over from the Super Bowl. But I had to come into work and wake up early, when I should be in bed sleeping. That cigar didn't help in having a good night's sleep, either."

**STIX1972.TYPEPAD.COM** DID NOT HAVE A VERY GOOD MONDAY MORNING.

# "Because one should always follow policemen through Petworth to the scene of a crime."

LEMONGLORIA.BLOGSPOT.COM WAS OUT FOR BRUNCH ON SUNDAY AT W. DOMKU WHEN A POLICE OFFICER CAUGHT THE BLOGGER'S FANCY.



#### Joy of Charlottesville

"Do they make tie-dye maternity clothes? Dave Matthews, king of frat rock and the creep smile is soon expecting a third baby. The new baby will certainly prompt Matthews to write a touching tribute song, thereby giving jackasses in lacrosse shorts everywhere a new track for their 'Hookup Mix.'"

MOLLYGOOD.COM ON UVA. DARLING DAVE MATTHEWS' EXPECTING A THIRD CHILD.

#### Stiff Penalty, Huge Promotion

"Maybe that million bucks could be used to teach Boston first responders how to tell the difference between a bomb and a Lite-Brite."

A **ADPULP.COM** COMMENTER REACTS TO THE \$2 MILLION SETTLE-MENT TURNER BROADCASTING WILL PAY BOSTON FOR ITS "AQUA TEEN HUNGER FORCE" PROMOTION LAST WEEK.

#### Live Online

#### **Super Bowl Ads**

JONAH BLOOM, editor of Advertising Age, was online Monday at washing-tonpost.com to take comments and answer questions about this year's Super Bowl commercials.

#### Do you think Budweiser will ever have a Super Bowl commercial that talks about its product rather than trying to sell whatever image it's trying to sell?

I don't know what they're trying to do. They take a bare minimum of eight spots a year and I'm never sure how they think they're helping the brand. It's one of those mysteries to me — I get to speak to hundreds of the smartest experts in the business and I've never heard a satisfactory explanation. That said, I don't want them to tell me about their "great taste" either, because we all know that'd just be a lie.

Have Super Bowl ads become a victim of their own success? Is there such expectation for the best ad that we're just bound to be disappoint-

#### ed every year from here on out? Last year's Super Bowl ads didn't catch one Clio nomination and I didn't see any this year that would either.

The whole build-up, which is part of a Super Bowl spot's value, has also become the problem, in that it's created a level of scrutiny that very, very few spots could ever stand up to.

# What kind of message do we send to today's young people when we are shown one after another person hitting someone in the face?

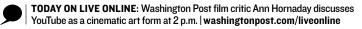
I think all that "what are we teaching our young?" stuff is very overwrought and overblown a lot of the time. They're ads and kids get that. They're not somehow dumber because they're younger.

# Was it just me, or did most of the ads have a "mean" element to them? The rock-paper-scissors, the slap instead of hand bump, etc.

It was like they all tried to avoid sex and ended up going with lots of violence instead. Then again, we know by now that that's okay in the U.S. Sex is terrible and always condemned — because it's such a horrible, dangerous activity — while violence, well, that's just the American way.

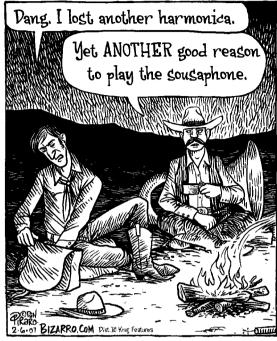


**CHOOSE YOUR PLAYLIST CAREFULLY.** You don't want people to see you're listening to Steven Seagal's latest album when they look at your Mog.com profile, which automatically publishes what's currently playing on your connected digital music player or computer. Also, link up with other fans with the same tastes.



# **LOOK**

#### Bizarro | Dan Piraro



Cornered | Mike Baldwin



Bad news, delivered badly.

Pooch Cafe | Paul Gilligan

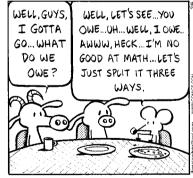


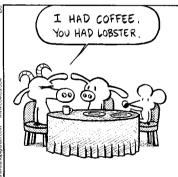


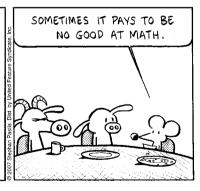




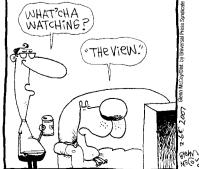
#### Pearls Before Swine | Stephan Pastis

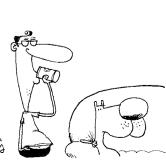


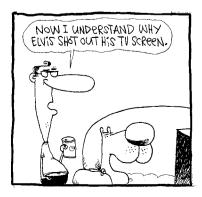




The Duplex | Glenn McCoy







#### Horoscope

By Stella Wilder

**AQUARIUS (Jan. 20-Feb. 18)** You'll be called upon to do a thing or two for someone who is in no position to do them for him or herself. Your efforts will be repaid.

**PISCES (Feb. 19-March 20)** You aren't going to be very good at concealing the truth, so reveal it intentionally whenever you get the chance.

**ARIES (March 21-April 19)** If you have to boss other people around, do it in a fashion that is low key and allows for some intuitive decision-making.

**TAURUS (April 20-May 20)** You can do much toward accomplishing something that only a loved one thought was possible. You'll get a sense of your potential.

**GEMINI (May 21-June 20)** You'll benefit from a new point of view — though how it comes to you is likely to be quite a surprise and something you resist at first.

**CANCER (June 21-July 22)** You'll be most comfortable bearing a burden that has been passed to you by anoth-

er. You don't seem to be bothered by the extra weight.

**LEO (July 23-Aug. 22)** If you must travel far from home, do so only for reasons that can bring you some sort of profit or other tangible personal gain.

**VIRGO (Aug. 23-Sept. 22)** Not everyone is likely to believe what you have to say, but your words are likely to be borne out by the events that transpire around you.

**LIBRA (Sept. 23-Oct. 22)** The inevitable is likely to be upon you before the day is out; but if you've prepared fully, you should have little trouble facing it directly.

**SCORPIO (Oct. 23-Nov. 21)** Someone you once loved is going to make a play for your attentions — and you must be sure you know where your affections really lie.

**SAGITTARIUS (Nov. 22-Dec. 21)** A little bit of "hide and seek" may be inevitable. When you recover what has been lost, you'll have a new sense of perspective.

**CAPRICORN (Dec. 22-Jan. 19)** You're nearing a goal that is likely to bring you a great deal of fulfillment — but you mustn't think you're there prematurely. Be patient.

#### Letters

#### **Tie Bush Pay to Performance**

REGARDING THE ARTICLE in Thursday's Express with President Bush stating that executives' compensation should be tied to performance ("Bush: Tie Exec Pay to Merit"), I would hope that the president

would set an example himself. He could start by not receiving a salary until he shows an acceptable performance regarding the war in Iraq and in resolving domestic problems in areas such as health care, Hurricane Katrina recovery, dependence on foreign oil (a viable energy plan) and social security.

-GREG CRANSTON
Rockville, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box I7370, Arlington, VA 22216.

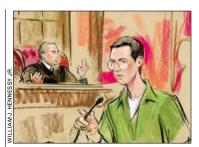
#### **Today in History**

1778 The U.S. wins official recognition from France with the signing of treaties in Paris.

**1899** A peace treaty between the United States and Spain is ratified by the U.S. Senate.

1933 The 20th Amendment to the Constitution, the so-called "lame duck" amendment, is proclaimed in effect by Secretary of State Henry Stimson.

992 Sixteen people are killed when a C-130 military trans-

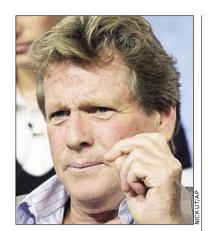


A federal judge ordered John Walker Lindh held without bail pending trial.

port plane crashes in Evansville, Ind.

**2002** A federal judge orders John Walker Lindh, the so-called "American Taliban," held without bail pending trial.

# **People**



'That guy just stepped on my toe! Where the heck is my Taser?"

#### WEAPONRY

#### Gun v. Fire Poker: What a **Proportionate Response**

RYAN O'NEAL, 65, says his weekend arrest came after he fired a gun in self-defense at his Malibu home. Son Griffin, 42, grabbed a fireplace poker and started swinging it, grazing the elder O'Neal four or five times. He "aimed at my head, I ducked, he hit his own girlfriend in the head," O'Neal told the Los Angeles Times. (AP)

#### **BABIES Priestley Finds Something** To Make Besides Movies



JASON PRIEST-LEY and his wife, makeup artist Naomi Lowde, will welcome their first child this summer,

People magazine reported. Priestley, 37, and Lowde, 31, wed in May 2005 on Paradise Island in the Bahamas; several "90210" alums were in attendance. (EXPRESS)

#### THIS ONE'S BORING

### Where's Ashlee?

JESSICA SIMPSON says she was stung when Nick Lachev jumped back into dating after their breakup. "Oh, it hurt me," she told Elle. "Two or three weeks later? Yeah, I'd say it kind of hurt me." Simpson filed for divorce in December 2005, after three years of marriage. She made that decision, she said, after watching "The Notebook" on a plane. "It was about that moment of desperation. I needed to breathe." (AP)



#### LINIONS

#### **Then He Set Himself on Fire**

BAM MARGERA, pro skateboarder, MTV star and amateur prankster, iust earned himself another title: husband. Margera, 27, who became a punk hero on the shows "Jackass"



and "Viva La Bam," married childhood friend Missy Rothstein, 26, in downtown Philadelphia on Saturday. (AP)

Tori's

cleavage

is spon-

sored

by Dirt

Devil.

# **Too Short, Too Blond, Too**

a Scandal." (AP)

#### CORPORATE

#### 'We're Naming Him 'Tupperware Aaron **Spelling-McDermott!**

TORI SPELLING and hubby Dean McDermott threw a 50-guest coed baby shower Sunday in West Hollywood, People magazine reported. The party was sponsored by Tupperware and filmed for Spelling's Oxygen reality show, "Tori and Dean: Inn Love." The baby, a boy, is due in April; his middle name will be Aaron, after Spelling's late father. "I've loved being

pregnant, but I'm ready to give birth," she told the magazine. "I can't wait to be a mom and hold this little baby in my arms." According to People, guests were served fare such as grilledcheese sandwiches and tuna melts. (EXPRESS)



Anyone who can play Bond with those ears sounds like an award winner to us.

**Homely? You Can Bite Him** DANIEL CRAIG was honored but Helen Mirren was denied Sunday at the 34th annual Evening Standard British Film Awards. Craig was named best actor for "Casino Royale," his debut outing as James Bond. Craig is also up for the best-actor prize at next week's British Academy Film Awards. Mirren, an Oscar favorite for her turn as Queen Elizabeth II in "The Queen," lost the best actress prize to Judi Dench, for "Notes on

Volunteers needed for a medical research study of an investigational vaccine for the prevention of HIV infection.

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- · In good health
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#### **Make Your Bed**

#### **ACROSS**

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- 10 Isle identified
- with Napoleon
- 14 Assist in
- malfeasance
- 15 It's shaped like
- a boot
- 16 Suffix for "four"
- 17 Modicum
- 18 Publisher's guideline
- 20 Outstanding bill
- 21 In addition
- 22 Brings home
- 23 Creator of Life 25 Opposite of
- 28 Importance
- 31 Makes possible
- 34 Passenger
- vessel
- 35 Bill of fare
- 37 Pocket
- collection 39 Antlered animal
- 40 Figured out, as
- secret writing
- 43 It can be
- between here and
- there?
- 44 Judge to be
- 46 Betting setting
- 47 Present your case
- 49 Home for
- horses and cows
- 51 Victorian virtue
- area grasses

### 53 Slender wet-

# 55 Majestic display

#### 56 Beelike 59 Retirement factor 61 Spherical obiects 64 Heat reducer 67 Pick a field? 68 Incline

- 69 Where the action is
- 70 Hindu woman's
- dress
- 71 Words of disrespect
- 72 Arizona sights 73 Steinbeck title

#### DOWN

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- clarinet 3 Party pooper
- 4 Legislative act
- 5 Female sibling 6 "Beetle Bailey"
- doa 7 Louisiana
- marsh, e.g.
- 8 Connecting pipe
- 9 Salinger's grain
- 10 Grain alcohol
- 11 Lecherous look 12 Existed
- 13 Industrious six-
- footers?
- 19 Aquatic
- performer
- 24 Morsel for Little
- Miss Muffet
- 26 Haphazard
- 27 In the dumps 28 Vehicle on

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- 48 Extreme quilt 50 Make curved 52 Puccini works
- 54 Rescues
  - 56 Book of the Bible
  - 57 Request for
  - help 58 Charged
  - particles 60 Actress
  - Rowlands 62 Stark naked 63 Brief drive
- groove 65 Eccentric wheel 45 Plunders and part 66 Mined item pillages

#### Yesterday's Solution

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#### Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com



puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Yes	ter	day	's S	olu	tion	1		
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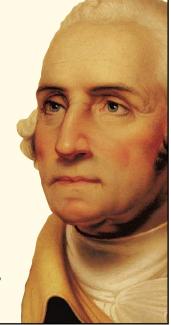
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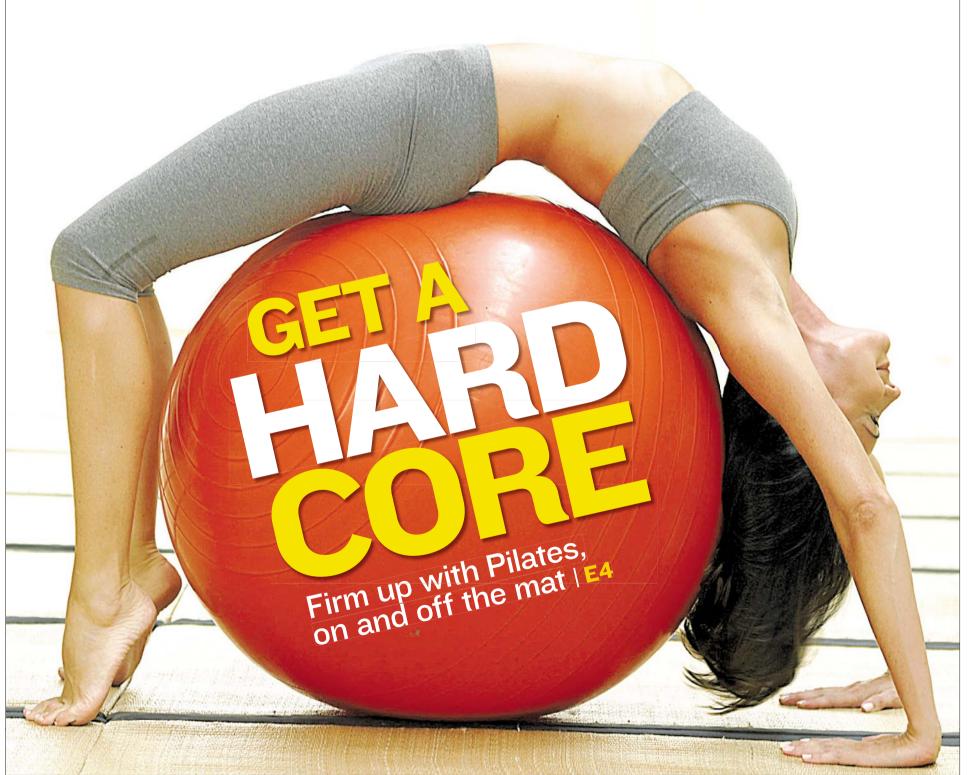
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# **BaggageCheck**

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#### Mending a Friendship, Scoring a Proposal

I "broke up" with a platonic friend a while back when I felt she was a drag on my energy and attitude. I now realize that I was wrong, and that I was probably going through a selfish phase. I have no idea how to rebuild the friendship. I never did anything hurtful per se; I just drifted off until she couldn't rely on me anymore. -ASHAMED

If you're truly ready to be the kind of friend you want to be, and the kind of friend she needs, then let her learn to rely on you again. Walk the walk, just minus the whole "fading out and becoming unreliable" thing. And you must face head-on the truth about why you decided



to end it. Make sure that blaming a "selfish phase" is not a cop-out - why did it affect your friendship with her but presumably not others

in your life? Might there be something she did that got under your skin? Might you be at risk for having "Selfish Phase—The Sequel?"

Once you're honest with yourself, you can be honest with her. If she'll agree to have coffee or nachos or screwdrivers with you, that's a start. If she (understandably) is hesitant or throws a downright Cowellian snub your way, you might start with a brief but frank e-mail about the regrets you have, and how you're really hoping to repair your relationship. Your final exam, of course, will be when you hit another difficult patch but choose to handle it in a way that won't keep you up at night.

After about the fifth breakup with my boyfriend, I'm tired of fighting. I thought he was the one, but he never wanted to commit. My friends were all able to convince their guys to propose. Do you have insight into why men never want to take the plunge? -D.C.

Just what kind of plunge are we talking? In my experience, men are as enthusiastic about toilet excavation as anyone. In fact, I find them even more likely to be educated in the full history and development of the Roto-Rooter.

Truthfully, I believe that "testosterone prevents commitment" is not a paragon of insightful thinking. When two people are on the same page about their feelings for each other and their goals in a relationship, a discrepancy in chromosomal makeup isn't going to be a problem. There are a jillion reasons people might not mesh. But the bottom line has nothing to do with a ring or a certificate; two people are either ready to decide that above all, they want to live their lives together and they believe in the power of their love to get them there, or ... not. Negotiating with someone to say "I do" seems as appealing and useful as bribing someone to get you a birthday card.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care

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#### **Television With a Twist**

YOUTUBE IS FUNNY, but watching toy chimps fighting isn't particularly good for you — at least not in the same way as seeing yoga great Rodney Yee demonstrate twists you can do while sitting at your desk to keep your spine "juicy and alive." Break up the monotony of your day with health, food and eco-living advice in the form of quickie clips on lime.com/tv. The new broadband station is surprisingly high-quality for Web-only programming, led by big names such as Yee, Deepak Chopra and Andrew Weil. And the segments are highly entertaining, about topics such as why you should chew your food thoroughly and how music guru Russell Simmons incorpo-

rates yoga into his daily life.



#### Genius in a **Water Bottle**

**SLURPING CONSTANTLY** out of a water bottle is super, but if you lose track of how much H2O you're consuming, snatch up a HydraCoach (\$30, hydracoach.com). It looks like a bomb made of a Nalgene bottle, but really it's figuring out how much liquid you're getting and comparing that to your personal hydration

goal (determined by weight). If you sweat heavily or are

out in high humidity, you'll want to chug even more.



#### **Mama Said Work You Out!**

THE BULGES ALL OVER the cover of "L.L. Cool J's Platinum Workout" (\$28, Rodale) can be yours, if you're willing to work it the way L.L. does. First, dump bad stuff from the fridge (including fattening cheese slices or, as L.L. calls them, "orange processed crap"). Then learn his exercises, which he demonstrates in easy-to-follow color photos (an explosive push-up has never been so sexy). And, ladies, he even has special tips just for you.



#### **Beyond the Tuna Tin**

WHEN JERKY LOSES its charm, you can find protein in another shelf-stable package with Bumble Bee's new prime fillet chicken breasts (\$3, grocery stores). Although the flavorings sound tasty (Southwest Seasonings, Garlic & Herb and Barbeque Sauce), the stringy, watery meat makes sure they're not. But the packs are convenient — the chicken is already cooked, so you can nuke it in 20 seconds and start chomping away. And it's not such a bad addition to your emergency food stash should you fear world disasters. In such situations, you might not even mind the sky-high sodium content (the barbecue flavor packs a whopping 31 percent of your daily value).

#### **PRODUCTS GuineaPig**



#### Swing, Swivel **And Strengthen**

NOW THAT Carmen Electra has made striptease-as-exercise palatable, it's time, you feel, to try it yourself. So push the treadmill out of the way and install a home stripper pole (\$120, peekaboo poledancing.com). The apparatus is collapsible and requires the services of a tall person to assemble, but once it's correctly placed, the spring-loaded design keeps it up. If you're not already a cardio striptease practitioner, the package contains an instructional DVD and a booklet filled with exercises; among them is "the Booty Shake," which is exactly what it sounds like. Really, this is less of an aerobics routine based on stripping than it is stripping that happens to be slightly heartrate enhancing. Also included are myriad warnings to not hang upside down on the pole (you wouldn't want to, anyway, as the pole feels less stable than it actually is), a garter and some fake dollar bills. FIONA ZUBLIN (EXPRESS)

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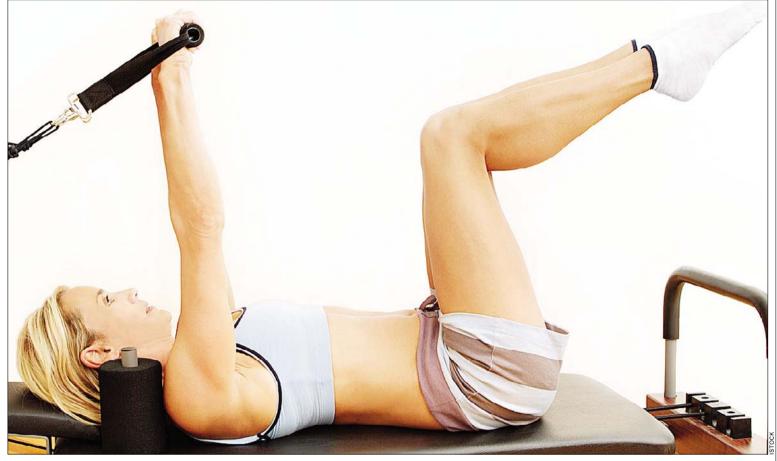




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# fit | Phys Ed



TONE RANGER: Most studios advise one-on-ones for the Reformer, pictured. If private sessions (\$55-\$95) are too pricey, many studios offer group classes (\$17-\$45).

# **Contraption Reactions**

#### We got off the mat and tested three intimidating Pilates machines

Sweaty muscles, exhausted limbs, a hurts-to-laugh sensation in the tummy: A Pilates mat class is definitely hard-core. But that burn is only half the battle.

When boxer/circus strongman Joseph Pilates designed his exercise program in the early 20th century, mat routines were only part of a system that also included exercise equipment of his own design. Folks who learn the methodology in the gym or from videos, rather than in a dedicated studio, may have never seen the devices. Or if they have, they may have been scared away by the intimidating abundance of springs, levers and straps.

The apparatuses teach students how to target certain muscles and work them efficiently, explained Mark Trudeau, owner of the Quantum Fitness Pilates studio (2130 P St. NW; 202-331-1790; quantumpilates.com). On the mat, exercisers must fight gravity

#### THEY ONLY LOOK SCARY

It's clear that Joseph Pilates didn't have a PR department. Some of his other devices have even more horror movie-ish names than "The Reformer."

**The Guillotine:** This device is basically two posts from the Cadillac's canopy bed. In an exercise called the tower, exercisers lie down on a mat underneath the apparatus and push the foot bar up, rolling up vertebrae by vertebrae until they're standing on their shoulder blades.

**Foot Corrector:** This doohickey looks like the gizmo that shoe salespeople use to figure foot size, except that a metal pad with a spring underneath it sits in the middle. Pushing down on this spring using the heel and the ball of the foot helps stretch out muscles made sore by stilettos.

**Neck Stretcher:** "It feels a lot better than it looks," said Quantum Fitness' Trudeau. The weirdest-looking of all Pilates equipment, this device features a round band that goes around your head and a spring. Attach the spring to the Cadillac, lean forward and hang. Trudeau insisted this helps relieve headaches.

to do the work correctly. Springs in the machines stabilize flailing body parts so that each move directly targets the muscle or muscles it's supposed to work.

This is not to say you're in for an easy workout. "It's called an apparatus because you work an apparatus — an apparatus doesn't work you," said Michael Rooks, co-owner of

Pure Joe Pilates Studio (in D.C. and Reston, see purejoe.com). "The springs give your body clues on how to pull and when to push," but they don't do it for you.

We took three of the better-known contraptions on test-drives:

#### Reformer

LOOKS LIKE: A cross between a row-

ing machine and a torture device from the Middle Ages.

HOW IT WORKS: Exercisers take their place on the "carriage," a cushioned board with a headrest and shoulder pad that glides from one side of the 8-foot-long machine to the other. Color-coded springs at the base of the machine provide resistance as exercisers push the carriage away from the base or pull it toward the top of the machine using arm and leg straps.

MOVES: The Reformer corrects positioning on classic Pilates exercises like the hundred, which involves pumping the arms up and down while lying on the back with legs in a tabletop position. On the mat, an exerciser might scrunch up her neck and shoulder muscles to power through the exercise. On the Reformer, however, strain on those muscles is eliminated because the arms are secured in straps, so the exercise goes directly to the muscles in the core.

#### Cadillac

LOOKS LIKE: A creepy canopy bed, complete with trapeze bars, fuzzy feet holders and springs. During World War I, Pilates, a German national, was interned at an English camp for enemy aliens. There, he developed the Cadillac from a hospital bed, so sick patients could work out without having to stand.

**HOW IT WORKS:** Exercisers lie on the platform and push trapeze bars attached to the canopy posts with their arms and legs. Springs on the posts can be used for arm workouts.

MOVES: Simply pushing and pulling the trapezes is a tough workout, but the device's soft surface and forgiving springs are gentle enough for people recovering from serious injuries. Advanced students eventually attempt moves that involve hanging from the top, with feet secured in the fuzzy stirrups. In one such move, students hang from their feet and twist the torso to the side, working the obliques. It's daunting, sure, but instructors guide and spot students through the exercise once they're ready to try it.

#### **Wunda Chair**

LOOKS LIKE: An armchair, turned on its side. The original Wunda (that means "wonder" in German) chair could be used as seating, then converted into a workout machine. Rooks jokingly called it "the first home gym."

HOWIT WORKS: The device has two perches — a stable one on top and a parallel bar below, which moves up and down like the footrest on a recliner, except that the motion is controlled carefully by springs. Exercisers position themselves on the stable perch and move the parallel bar with their legs and arms. The chair requires more stability from students than the Reformer or Cadillac, but teachers like the ability to see their students' spinal alignment from all angles.

MOVES: Sitting on top of the stable perch, exercisers push the reclining bar down with the legs. This movement looks like a classic leg press, but with perfect alignment and appropriate breathing, the move works the core more than the thighs. Students can also stand on the stable perch, facing away from the reclining bar, and do a lunge, using one foot to press the reclining bar away. Julia Beizer



BELLY BLASTER You don't need to have any special exercise equipment to pull off moves like the crisscross, pictured here.

# Abs-olutely Fab

#### Six Pilates moves that'll firm up your stomach

The quest for a whittled waistline gets tougher as you age. A bigger belly, however, isn't inevitable, and tummy-toning exercises can help.

Pilates training is your secret weapon because it works all of your abdominal muscles: the sixpack rectus abdominis, which runs down your center; the waist-defining obliques, which wrap around your sides; and the deep transversus abdominis, which is often missed in traditional ab workouts. Try these moves three times a week.

- A) Lie on your back with your legs up and bent at 90 degrees — thighs straight up and calves parallel to the floor. Rest your hands at your sides, palms down. Keep your abs contracted and press your lower back toward the floor.
- **B)** Inhale and lower your left leg for a count of two, moving only from your hip and dipping your toes toward the floor (without touching it). Exhale and raise your leg back to the starting position for a count of two. Repeat with your right leg and continue alternating until you've done 12 reps with each leg.

#### **LEG CIRCLE**

A) Lie on your back with your legs extended along the floor. Raise your left leg toward the ceiling, with toes pointed and hands at

vour sides, palms down. Hold for 10 to 60 seconds.

**B)** Make a small circle on the ceiling with your left toes, rotating your leg from your hip. Inhale as you begin the circle and exhale as you finish. Keep your body as still as possible. Do six circles, then reverse direction for six more. Repeat with your other leg.

#### **CRISSCROSS**

- A) Start as in the Toe Dip but with your hands behind your head, elbows out to the sides. Curl up to raise your head, neck and shoulders off the floor.
- **B)** As you inhale, rotate your torso to the right, bringing your right knee and left shoulder toward each other and extending your left leg toward the ceiling in a diagonal line from your hips. As you exhale, rotate to the left, bringing your left knee toward your right shoulder and extending your right leg. Do six reps.

#### **LEG KICK**

**A)** Lie on your left side with your legs straight and together so your body forms one long line. Prop yourself up on your left elbow and forearm, lifting your ribs off the floor and your head toward the ceiling. Place your right hand lightly on the floor in front of you for balance. Raise your right leg to hip level and flex your foot so your toes are pointing forward.

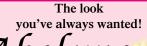
B) Exhale as you kick, swinging your right leg forward as far as comfortably possible and pulsing for two counts. Inhale, point your toes and swing your leg back past your left leg. Do six reps. Then switch sides and repeat.

#### **BACK EXTENSION** WITH ROTATION

- **A)** Lie on your stomach with your forehead on your hands, palms on the floor. Separate your feet to hip width. Pull abs in.
- **B)** Raise your head, shoulders, and chest off the floor. Rotate your upper body to the right and back to the center, then lower. Repeat to the left side and alternate until you've done six rotations to each side.

#### **SIDE BEND**

- **A)** Sit on your left hip with your left leg bent in front of you and your left hand beneath your shoulder. Place your right foot flat on the floor just in front of your left foot so your right knee points to the ceiling. Rest your right arm on your right knee.
- **B)** Pull your abdominals in, press into your left hand and lift your hips off the floor. As you come up onto your left knee, straighten your right leg and raise your right arm over your head so you form a line from your right fingers to your right toes. Hold for 10 to 30 seconds. Lower and repeat on the other side. MARTICA K. HEANER (REPRINTED WITH PERMIS-SION FROM PREVENTION © RODALE INC.)





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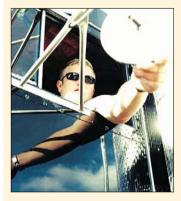
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#### **Keep Boys Out of Bras**

■ Before you apply anything from your latest spa visit to your son's chest, make sure it's not going to leave a mark. In a few cases involving boys between the ages of four and 10, products containing lavender or teatree oils were shown to cause enhanced estrogen production, and thus increase the size of male breast tissue, the New England Journal of Medicine reported. After they stopped using the products (shampoo, soap and "healing balm"), their boy breasts went away.



#### Take the Metro

■ Driving with the window down, the stereo blasting and the sun blazing is one of life's great pleasures. But it's giving you cancer. A study at St. Louis University School of Medicine found that more than half of skin cancers that manifest on one side of the body only appear on the left side. In countries where drivers sit on the right, the pattern was reversed. Car windows are bigger than they used to be, and often untinted, allowing in more harmful UV rays.

#### **Sweat and the Sexes**

■ Men perspire, horses sweat and ladies glow. But most ladies, apparently, would prefer to do no such thing. Another study from the St. Louis University School of Medicine found that women who suffer from excessive sweating are far more likely to seek treatment than men with the same problem. About 3 percent of Americans suffers from hyperhidrosis, or an embarrassing excess of perspiration.

# Feel No Pain!

And 14 other tricks to make your body happier

No time to swing by a drugstore? Fix yourself with natural, if somewhat weird, remedies.

If your throat tickles, scratch your ear! Don't gag — just scratch your ear. "When the nerves in the ear are stimulated, it creates a reflex in the throat that can cause a muscle spasm," said Scott Schaffer, M.D., president of an ear, nose and throat specialty center in New Jersey. "This spasm relieves the tickle."

Experience supersonic hearing! If you're stuck chatting up a mumbler at a cocktail party, lean in with your right ear. It's better than your left at following the rapid rhythms of speech. Your left ear is better at picking up music tones.

Overcome your most primal urge! Fantasize about Jessica Simpson. Thinking about sex preoccupies your brain, so you won't feel as much discomfort.

Feel no pain! German researchers have discovered that coughing during an injection can lessen the pain of the needle stick.

Clear your stuffed nose! Forget Sudafed. An easier and cheaper way to relieve sinus pressure is by alternately thrusting your tongue against the roof of your mouth, then pressing between your eyebrows with one finger. The motion loosens congestion; after 20 seconds, you'll feel



Hope fully, the owner of this arm coughed up a storm during this painful injection.

your sinuses start to drain.

Fight fire without water! Studies have shown that patients who sleep on their left sides are less likely to suffer from acid reflux. The esophagus and stomach connect at an angle. When you sleep on your right, the stomach is higher than the esophagus, allowing acid to slide up your throat.

Cure your toothache without opening your mouth! Just rub ice on the V-shaped webbed area between your thumb and index fin-

ger. A Canadian study found that this reduces toothache pain by as much as 50 percent compared with using no ice.

Make burns disappear! When you accidentally singe your finger, clean the skin and apply light pressure with the finger pads of your other hand. This natural method brings the burn to a normal temperature, so the skin is less likely to blister.

Stop the world from spinning!
Put your hand on something

stable. The part of your ear responsible for balance floats in a fluid of the same density as blood. But as alcohol dilutes blood, your brain gets confused. The tactile input from a stable object gives the brain a second opinion, and you feel more in balance.

Unstitch your side! Most people exhale as their right foot hits the ground when running. This puts downward pressure on the liver (which is on your right side), which then tugs at the diaphragm and creates a stitch. The fix: Exhale as your left foot strikes the ground.

Stanch blood with a single finger! Pinching your nose and leaning back is a terrible way to stop a nosebleed. Instead, put some cotton on your upper gums (just behind that small dent below your nose) and press against it, hard.

Make your heart stand still!
Trying to quell first-date jitters? Blow on your thumb. The vagus nerve, which governs heart rate, can be controlled through breathing. It'll get your heart rate back to normal.

Thaw your brain! After too much Slurpee, press your tongue flat against the roof of your mouth, covering as much as you can. The more pressure you apply to the roof of your mouth, the faster your headache will subside.

Prevent near-sightedness! Staring at your computer screen for too long may be destroying your sight. Every few hours during the day, close your eyes, tense your body, take a deep breath, and, after a few seconds, release your breath and muscles simultaneously. Tightening and releasing muscles such as the biceps and glutes can trick involuntary muscles (like the eyes) into relaxing as well.

Wake the dead! If your hand falls asleep, rock your head from side to side. A tingly hand or arm is often the result of compression in the bundle of nerves in your neck. Compressed nerves lower in the body govern the feet, so stand up and walk around. KATE DAILEY (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)



# hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

**Do you have blisters** on your scalp, back or torso? Do you have sores in your mouth? Are you middle-aged or older? You might have **PEMPHIGUS VULGARIS**, a rare disorder in which one's antibodies attack one's own skin and mucous membranes, causing the cells in the epidermis (outer layer of skin) to separate. About half of all cases start in the mouth. While the blisters themselves are benign, the risk of infection is high, making the condition potentially fatal. Early medication with corticosteroids (no picnic in high doses) is needed. Other treatments, including injections of gold, are also used. Doctors approach severe cases as they would bad burns.

SOURCE: NLM.NIH.GOV, PEMPHIGUS.ORG. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

#### **Nutrition**



# score Show yourself some love with red tea, or rooibos



#### Sweet Thai Delight (\$3.29/16 bags, Whole Foods)

THE VERDICT: Rooibos (pronounced ROY-boss, the Dutch word for "red bush") is only found in a certain mountain range in South Africa, So this blend, which incorporates coconut and spice, really isn't very Thai. And it's not precisely tea, considering that it comes from the needle-ish leaves of a shrub. But that didn't deter our testers, who were impressed with the sweet — albeit somewhat pedestrian — flavor. Add a touch of coconut milk, said one, and it would almost be like a curry.

#### **Snapple Red Tea**

(\$1.39/17.5-oz bottle, groceries)

THE VERDICT: The first massmarket, ready-to-drink version of the South Africantea makes the most of its fruity tones. Snapple offers three sweet flavors: Acai Mixed Berry, Peach Pomegranate and Mandarin Tangerine. While peach scored a fan among our testers, the others were deemed flat and uninspired, like weak iced tea.



#### **Red Mellow Bush**

(\$4.69/18 bags, Whole Foods)

THE VERDICT: Not just organic, but also free-trade certified. Numibrand tea promotes its relaxing properties (rooibos is naturally caffeinefree and packed with antioxidants). But when our testers sipped from their cups, they were surprised at how unexotic it was. Testers felt it had a toofamiliar "Lipton-like" aroma and an unpleasant tang.



#### **Orange Spice**

(\$1.99/20 bags, Trader Joe's)

THE VERDICT: If you like black tea, but aren't into bitterness or caffeine, this is the drink for you, announces the package. According to our testers, it's the drink for everyone. They couldn't get enough of the clove-spiked scent and soothing citrus flavor. One likened it to mulled wine, and another said she'd crave it the next time she's sick.

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